

LocalSports

WEDNESDAY NOV. 9, 2022

Express

redoakexpress.com

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 ofensive 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 Hawkeye-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

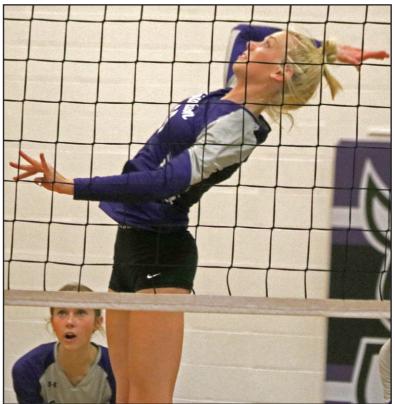


Ryanne Mullen Senior Southwest Valley

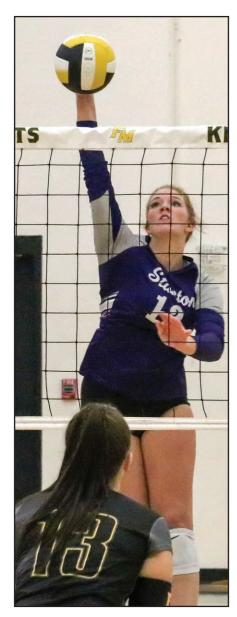
Tierney Dalton Junior Southwest Valley



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 M





811 N Broadway Red Oak



116 E Coolbaugh St Red Oak

RED OAK FABRICATION

306 N 3rd St Red Oak

MARK JACKSON'S HARDWARE HANK

Hallmark Gold Crown Store 315 E Reed St Red Oak

North side of Fountain Square Park



2400 N 4th St Red Oak



303 Broadway Red Oak



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.

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 think-

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

Detroit/Chicago: Taking the Lions over

Minnesota/Buffalo: Probably the

Chicago. Sorry, mom. Denver/Tennessee: Titans, naturally.

Jacksonville/Kansas City: Chiefs,

Cleveland/Miami: Hmm. Dolphins are Houston/N.Y. Giants: Giants, I'm o-line!

New Orleans/Pittsburgh: Going to pick

Indianapolis/Las Vegas: Why not the

Dallas/Green Bay: I'll gamble on the

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

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

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

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

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 Hawkeve 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 Holeton, 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,

Dalton Barnes.

AC Roller.

Beckman.

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

Offensive MVP: Kyle Sternberg, AHSTW; Overall MVP: Jaydon Knight, Mount Avr: **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 Salaias, 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 McIntosh. 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;

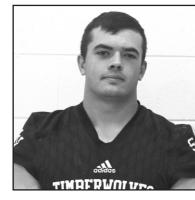
Luke Wettengel, St. Albert. LB: Kade Dugan, Mount Ayr; Jeff Rose, Riverside; Jeret Petersen,

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.

Honorable Mention SWV: Dustin Shuler, Dillon

AHSTW: Ethen Gubbles, Abe



Earlham: Ryan Stiles, Caleb

Riverside: Brody Zimmerman,

St. Albert: David Helton, Jayden

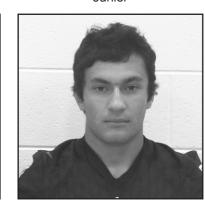
Smith. Mount Ayr: Trey Fooken,

Sidney: Jeramiah Ballan.

Colin Jacobs Senior



Evan Timmerman Junior



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.

Vollyeball: Lainey DeVries and Madison Doyle.

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

Cross Country: Michelle Grass and Tessa Rolenc.

Football cheerleading: Hannah Smith and Josie Vanderhoof.

Tigers, Vikings meet on BB court

Senior

Robbie Barnes

Senior

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-

5. Pinheads

Bradlee Grantz

Junior

Hawkeye Ten Conference players junior varsity game will tip at 7:30 p.m. 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

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

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 2. Green Valley Chem. 29121 6-3 5-3 3. Newman Upholstery 28467 4. Subway 26434 4-4 5. Davis Taylor Ins. 26080 27658 6. The Destroyers 3-5 7. Fareway Meats 24206

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

Business Women

10/31	Pins	W-L
 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 3-24 6. Bye 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 Girouex 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	d Oak P	harmacy 553. High
Series: Red Oak Pharm	nacy 153	8. Team: Handicap
Game: Haley's Electric 8	62. Hand	licap Series: Haley's
Electric 2424. Individua	l: High (Game: Lana Moyer
206. High Series: Lana M	loyer 482	

Strikers

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

6. Twilight Wolves 8180 0-40-47. Turkey's 7666 Individual Scratch Game: Boys: Brandon Cox 198. McCuen 554. Girls: Callie Cox 381

Girls: Callie Cox 141. Scratch Series: Boys: Logan

10104

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; Raevyn 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,

Mavericks

11/03	Pins	W-L
l. Evil Gummy Bears	2509	6-0
2. Raven Claw	2748	5-1
3. Team America	2456	4-2
1. Unicorns	1421	3-3
5. Red Oak Tigers	1749	0-6
5. Team #1	384	0-6
Геат: Scratch Game: Rav	en Claw	182. Scratch Series
Raven Claw 329. Handic	ap 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

11/02	ъ.	*** *
11/03	Pins	W-L
 The 3 Muskateers 	4634	6-0
Dill Pickles	2968	5-1
Dream Team	2811	4-2
 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: Nevali 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.

LEGAL NOTICES

\$26,000 damage in Thursday morning accident BOARD OF SUPERVISORS



A two-vehicle accident early Thursday morning resulted in an estimated \$26,000 damage. A pick up driven by Juan Lopez-Paiz of Omaha failed to stop at the stop sign on Highway 34 and collided with an SUV driven by Mary Bailey of Red Oak, causing a total of \$12,000 damage to the pick up and trailer and \$14,000 damage to the SUV. For more information on the accident, see the accident report on page 3A. (Tess Nelson/The Red Oak Express).

News tip? Call Nick or Tess at 712-623-2566.



PROBATE NOTICE

THE IOWA DISTRICT COURT FOR MONTGOMERY COUNTY
IN THE MATTER OF THE ESTATE OF MILFORD E. FRIESEN,

CASE NO ESPR014413 **NOTICE OF APPOINTMENT OF** ADMINISTRATOR AND NOTICE

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

400 Sunset Avenue Red Oak, IA 51566 Brian S. Mensen, 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, November 2, 2022, and Wednesday, November 9, 2022.)

(Published in The Red Oak Express

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 second 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 Pineline.

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

Under Secondary Roads update, Engineer Karen Albert 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,

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

Schmid. No: None. Motion carried. Under new business, motion by

Olson, second by Schmid to approve Resolution #22-25 MONTGOMERY

COUNTY PRECINCT ELECTION OFFI-

CIAL & SUPPORT STAFF COMPENSA-

TION POLICY FOR GENERAL ELEC-

MONTGOMERY COUNTY
PRECINCT ELECTION OFFICIAL &

SUPPORT STAFF
COMPENSATION POLICY FOR GEN-

WHEREAS, the Montgomery County Board of Supervisors does acknowledge the importance of Precinct Elec-

tion Officials and Support Staff in the

WHEREAS, the Montgomery County

Board of Supervisors approve the fol-

lowing hourly rates for Precinct Elec-

tion Officials & Support Staff effective

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

\$10.00/Hour

Position Recommended Salary
Precinct Election Official

TION 2022.

RESOLUTION # 22-25

ERAL ELECTION 2022

Election Process.

October 25, 2022.

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

Navs: 0 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 in the amount of \$192,993.16. Roll

Call: Yes: Cooper, Olson, Peterson, Schmid. No: None: Motion carried. Under new business, motion by Cooper, second by Olson to approve a new Digital Courthouse 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.
Under announcements, 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

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

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

TO CREDITORS To All Persons Interested in the Es-

ABANDONED PROPERTY NOTICE

IN THE IOWA DISTRICT COURT IN AND FOR MONTGOMERY COUNTY

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

Rina E. Menjivar Unknown spouse Respondents

Property Legal Description: LOT THREE (3) IN BLOCK NINE (9) IN ALIX ADDITION TO THE CITY OF RED OAK, MONTGOMERY COUNTY, IOWA AS SHOWN ON PLAT RECORDED FOR SAID ADDITION, SUBJECT TO EASE-MENT ACROSS THE WEST FIVE (5) FEET THEREOF FOR DRIVEWAY. (COMMONLY: 306 E. Elm St.) No. EQCV022323

ORIGINAL NOTICE

TO THE ABOVE-NAMED RESPON-

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, 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, 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.

Wednesday, November 9, 2022.)

BOARD OF ADJUSTMENT

NOTICE OF PUBLIC HEARING OF THE MONTGOMERY COUNTY

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

tion 34, T72N, R38W of the 5th PM in Montgomery County, Iowa.
2. The Montgomery County Board of

American tribe

ball player

25. Approval

Wednesday, October 26, 2022, Wednesday, November 2, 2022, and

BOARD OF ADJUSTMENT

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 SE NE of Sec-

Adjustment will hold a public hearing at the Montgomery County Engineer's

12. Helps you smell better

18. Former Houston foot-

24. Home to Boston (abbr.)

26. Those who fight an es-

27. __ student, learns heal-

16. Sun or solar disk

17. Low frequency

19. Federal crime

tablishment (abbr.)

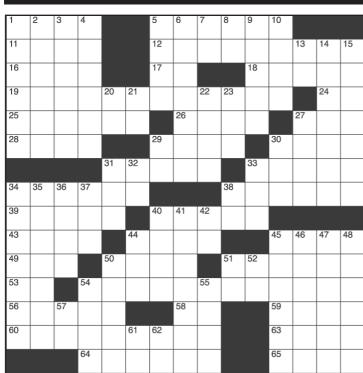
Office, 406 W 4th Street, Red Oak, Iowa at 5:30 p.m., November 16th, 2022. All written and oral comments will be heard and this application will

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 3:30p.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.)

ANSWER - PUZZLE ON PAGE

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а	3	M		S	В	3	Я		3	S	ı	A	Я	Ь
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			Τ	Ь	n	Я	Я	Ι			Ь	ı	N	S

CROSSWORD - ANSWER ON PAGE



CLUES ACROSS

1. Clip a small piece

ing 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 veg-

etables 34. Stinkhorns 38. Stroke

39. Industrial process for producing ammonia 40. Sir __ Newton 43. Wild goat

DO YOU REMEMBER WHEN...?

44. Muslim ruler

45. Scottish ancestor 49. Hat

50. Horse mackerel 51. Alcoholic accompani-

ment 53. Tech department

54. Manifesting approval 56. Upper bract of grass

58. Of I

59. Large wading bird 60. Military prisons 63. Famed American car-

toonist 64. Rise

65. Greek God of war and courage

CLUES DOWN

1. Sewing needles 2. Functionary

3. Induces vomiting 4. The finger farthest from

the thumb 5. Not moving

6. Sports official 7. Water purification process (abbr.)

8. University of Dayton 9. Indo-Malaysian evergreens

10. High schoolers' math course

13. Yankovic is a weird one 14. Adversaries

15. Merchandisers Radioactive metal 20.

(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 com-

mittee 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

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

RO Weather

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

October Total

Precipitation: .99

Precipitation: .75

Precipitation: .99

November Total

Weekly Total

11. Southwestern Native

5. Enter forcibly

The investigation into the blaze at the former First Christian Church at 7th and Coolbaugh 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, follow-

ing a 3-1 victory over Gilbert. Sophie

Walker and Chloe Johnson posted 14

kills each. Syd Streicher had 31 digs.

5 Years Ago

10 Years Ago

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.

25 Years Ago

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 construction cost total of \$1,196,742. 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 tory with two extra-point kicks. a 19-7 victory.

with coupon at No Frills in Red Oak.

50 Years Ago

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 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 vic-

Beef rib steak was only \$1.09 per Hellmann's mayonaise was \$1.79 pound at Red Oak Fruit and Grocery.

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

Cal	ole (Com	pan	ies	THURSDAY	EVENING N	OVEMBER 1	0. 2022		Ca	able	Con	npan	ies	FRIDAY EVE	NING NO	VEMBER	11, 2022	2
Α	В	С	D		7:00 7:30				10:30		В	С	D		7:00 7:30		:30 9:00		1
3	3	3	3	KMTV 3	Sheldon Ghosts (N)	So Help Me Todd (N)	CSI: Vegas "Burned"	(N) 3 News Now	Late-Colbert	3	3	3	3	KMTV 3	The Greatest	Fire Country ©	Blue Blood	ds (In Stereo)	3 Ne
4	4	4	4		Hell's Kitchen (N)	Welcome to Call Me Ka	t News at Nine	iCRIME	iCRIME	4	4	4			WWE Friday Night Smac		Live) News at Ni	ine	iCR
6	6	6	6	WOWT 6	Law & Order (N)	Law & Order: SVU	Law & Order: Organi	zed WOWT 6	J. Fallon	6	6	6	6	WOWT 6	Lopez vs. Young Roo	k Dateline NBC (N) (In Stereo) ©		WO
7	7	7	7		Station 19 (N) (In Stereo)	Grey's Anatomy (N)	Reasonable Doubt @		J. Kimmel	7	7	7	7		Shark Tank (N) (In Stered				New
8			8	KCCI ®			CSI: Vegas "Burned"	(N) News	Late-Colbert	8			8	KCCI ®	The Greatest	Fire Country @	Blue Blood	ds (In Stereo)	New
15	5	15	9	KXVO 15	Wipeout (In Stereo) ©	Fear Factor ©	Fear Factor ©	Dumbest	Dumbest	15	5	15	9	KXVO 15	Wipeout (In Stereo) @	Fear Factor ©	Fear Facto	r "Hell Week"	Wor
10	11	10	11		Father Brown @	Death in Paradise ©	Midsomer Murders ©	Shakespear	e	10	11	10	11	IPTV	Wash Iowa Press	Market P.O.	W.: Passing on Wise	dom @	Anth
17			12	KDSM (17)	Hell's Kitchen (N)	Welcome to Call Me Ka	t 13 News at 9 on Fox		National	17			12	KDSM (17	WWE Friday Night Smac	kDown (N) (In Stereo	Live) 13 News at	t 9 on Fox 17	Haw
9	9	9	16		Cuomo (N) @	Dan Abrams Live (N)	Banfield (N) @	Cuomo ©		9	9	9	16	NWSN	Cuomo (N) @	Dan Abrams Live		I) CC	Cuo
			19	ION	Chicago P.D. "Gone"	Chicago P.D. "Closer"	Chicago P.D. "Adrift"	Chicago P.D). "Lies"				19	ION	Hawaii Five-0 ©	Hawaii Five-0 ©	Hawaii Fiv	e-0 ©	Haw
		28	21	CSPAN	(5:07) Public Affairs Ever	nts (In Stereo) @	, ,	, ,				28	21	CSPAN	(4:00) Public Affairs Eve	nts (In Stereo) ©			
25			5		Station 19 (N) (In Stereo)		Reasonable Doubt @	5 News	J. Kimmel	25			5	WOI 5	Shark Tank (N) (In Stered	20/20 (N) (In Stered) (C		5 Ne
12	2	12	24	ESPN	(6:30) College Football: 7	Tulsa at Memphis. (N) (Live)	© Sports	Center With Scott \	/an Pelt (N)	12	2	12	24	ESPN	College Basketball	NBA NBA	Basketball: Minneso	ota Timberwolves	at M
11	28	13	25	ESPN2	UFC 276: Adesanya vs. 0	Cannonier @		E60 CC	` ′	11	28	13	25	ESPN2	College Football: East Ca	arolina at Cincinnati. (N	l) (Live) 🚾		Spo
36			26		(6:00) Movie: ★★½ "Blace		Atlanta (Series Finale) (N) Atlanta	Atlanta	36			26	FX	Movie: *** "Thor" (2011			Movie: ★★★	"Iron
	10	16	27		Movie: ★★½ "The Longest	Yard" (2005) Adam Sandler.	(In Stereo) @ (V)	Movie: "Role	Models"		10	16	27	PARMT	Movie: ★★★½ "John Wick	Chapter 3 Parabellu	um" (2019) (V)	Movie: ★★★	"Johr
	40	36	28	LIFE	Movie: "Christmas on Misi	tletoe Lake" (2022) ©	Movie: "Well Suited for	or Christmas" (2022)	CC		40	36	28	LIFE	Movie: "The Dog Days of	Christmas" (2021) @	Movie: "A	Welcome Home (Christ
29	20	19	29	FREE	Home 2 Movie: ★★	"Just Go With It" (2011) Adar	n Sandler. @ (V)	The 700 Clu	b (N) @	29	20	19	29	FREE	Family Guy Family Guy	Family Guy Fam	ily Guy Family Gu	y Family Guy	The
18	13	11	30	USA	Movie: ★★★ "Taken" (200	8) Liam Neeson. @	Movie: ★★ "Taken 2"	(2012) Liam Neeson	n. @ (V)	18		11	30	USA	Chicago Fire (In Stereo)	Chicago Fire (In S			Chic
	8	8	31	TBS	Big Bang Big Bang	Big Bang Big Bang	Big Bang Big Ba	ng Guy's Ultima	ate Game		8	8	31	TBS	Movie: ★★½ "Captain Mar			Movie: ★★½	"The I
23	14	18	32	TNT	Movie: ** * "Ant-Man" (2	015, Action) Paul Rudd. @ ([y: Dragon Emp."		23	14	18	32	TNT	(6:30) Movie: ** "Fred C	laus" (2007) @ (DVS)	(V) All Elite W	restling	"Rea
	25	22	33	AMC	(6:00) Movie: *** "Goo	odfellas" (1990) @ (V)	Movie: ★★★ "The Ro	ck" (1996) Sean Con	nnery. (V)		25	22	33	AMC	(5:00) Movie: *** "The	Godfather" (1972) 🚾	Movie: ★★	* * "The Godfati	ner, P
	29	25	34	HGTV	Rehab Addict	Rehab Addict	Hunters Hunter	s Int'l Hunters	Hunters Int'l		29	25	34	HGTV	Dream Dream	Dream Drea	m Hunters	Hunters Int'l	Drea
33	24	30	36	HIST	Mountain Men "Winds of	Winter" (N) Mountain I	Men: Ultimate Mounta	nin Men "Wheeling a	and Dealing"	33		30	36	HIST	Variety Salute to Service	Movie: ★★★½ "Had	ksaw Ridge" (2016, V	Var) Andrew Gar	field.
19	15	26	37	A&E	The First 48 @	The First 48 (N) @	Interrogation Raw (N			19	15	26	37	A&E	The First 48 @	The First 48 @	The First 4		The
34	18		38	DISC	Mysteries of	Mysteries of	Mysteries of	Mysteries of	i i	34	18		38	DISC	Gold Rush Dustin Hurt m	akes a major move to d	chase gold at the lege	ndary Nugget Cr	eek. (
35	31	31	39		Dr. Pimple Popper	Dr. Pimple Popper	Dr. Pimple Popper	Dr. Pimple P	opper	35	31	31	39	TLC	90 Day Fiancé	90 Day Fiancé	90 Day	The Culpo S	isters
	39	27	40	A/P	Alaska: The Last Frontie	r Alaska: The Last Frontie	r Alaska: The Last Fro	ntier Alaska: The	Last Frontier		39	27	40	A/P	North Woods Law	North Woods Law	North Woo	ds Law	Nort
30	26	23	41	NICK	Slimetime SpongeBol	b Friends Friends	Friends Friends	Friends	Friends	30		23	41	NICK	"The Secret Life of Pets"	Monster Frier	nds Friends	Friends	Frie
31	21	24	43		Big City Big City	Raven Raven	Big City Big Cit	y Ladybug	Ladybug	31	21	24	43	DISN	The Villains Ultra Viole	Raven Mira	culous World: Lady	Ladybug	The
21	16	20	45		Anderson Cooper 360 (N	Anderson Cooper 360 (N		CNN Tonigh		21	16	20	45	CNN	Anderson Cooper 360 (N) Anderson Cooper	360 (N) CNN Tonic		CNN
37	34	35	65		Movie: "Noel Next Door" (Movie: "A Christmas			37		35	65	HALL	Movie: "In Merry Measure	"(2022) Patti Murin.	Movie: "A	Very Merry Brides	smaic
	-	21			Movie: ★★★ "Doctor Strain	nge" (2016) Benedict Cumber		★½ "Pixels" (2015) ©	,	1	1	21	72	SYFY	Despicable Movie: **	★ "Despicable Me 2" (2			Chu
39	36		73	TVL	Raymond Raymond	Raymond Raymond	Raymond Raymo	- (/	King	39	36	 	73	TVL	Raymond Raymond	Raymond Rayı		Raymond	King
			74	WE	(6:47) Hip Hop Homicide	s Hip Hop Homicides (N)	Hip Hop Homicides				1		74	WE	Love After Lockup ©	Love After Lockup			Love
			- 1		A-Elliott B-Stan		D-Red Oak, Villisca.				_	_			A-Elliott B-Stan		()	Villisca, Glen	

Cal	hla	Com	nan	ine	SATUR				VEMB			
			•	162								40.00
Α	В	С	D		7:00	7:30		8:30	9:00	9:30		
3	3	3	3	KMTV 3	NCIS: Los An	geles	The Equalize		48 Hours @		3 News Now	Live at 10
4	4	4	4		(6:00) College		shington at Or	egon. (N) 🚾			tball: Arizona a	t UCLA. (N)
6	6	6	6		Mental and B		Dateline NBC		Saturday Nig	ht Live (N)	News	SNL
7	7	7	7		(6:30) College		U at Texas. (N) (In Stereo Liv	e) cc		News	The Rookie
8			8	KCCI ®	NCIS: Los An	geles	The Equalize	r "Legacy"	48 Hours cc		News	Matter
15	5	15	9	KXVO 15	Wipeout @		Fear Factor	CC]	Fear Factor "	WWE Stars"	Dumbest	Dumbest
10	11	10	11	IPTV	As Time		Shakespeare		Shakespeare		Broadchurch	1
17			12		(6:00) College			egon. (N) 🚾			tball: Arizona a	
9	9	9	16	NWSN	NewsNation F	Prime (N)	NewsNation	Prime (N)	NewsNation	Prime @	NewsNation	Prime ©
			19	ION	Law & Order:	SVU	Law & Order:	: SVU	Law & Order:	SVU	Law & Order	: SVU
		28	21		Washington 1			s Events (In St				
25			5	WOI 5	(6:30) College	Football: TC	U at Texas. (N) (In Stereo Liv	e) cc		5 News	9-1-1
12	2	12	24	ESPN	(6:00) College	Football: Ge	orgia at Missis	sippi State.	College Foot	ball: Stanford	at Utah. (N) (Li	ve) 📧
11	28	13	25	ESPN2	(6:30) College	Football: No	th Carolina at	Wake Forest. (N) cc	Scoreboard	To Be Annou	ınced
36			26	FX	(6:00) Movie:	*** "Avenge	rs: Infinity War	"(2018) (In Ste	ereo) (V)	Movie: "Ant-	Man and The V	/asp"œ
	10	16	27	PARMT	(6:54) Yellows	stone @	Yellowstone	[CC]	Yellowstone	CC	Movie: "The	Guardian"
	40	36	28	LIFE	Movie: "Reind	leer Games Ho	mecoming" (2	022) 🔃	Movie: "Chris	tmas on Mistle	etoe Lake" (202	2) [C]
29	20	19	29	FREE	(6:50) Movie:	*** "Trolls" (2016, Children	i's) cc	Movie: ★★½ "	The Secret Li	fe of Pets 2" (20	19) (V)
18	13	11	30	USA	(6:30) Movie:	*** "Meet th	e Parents" (20	00) (V)	Movie: ★★½ "	Meet the Fock	kers" (2004) @	(DVS)
	8	8	31	TBS	(6:00) "Four C	hristmases"	Movie: "Natio	nal Lampoon's	Christmas Vac	cation" (V)	Movie: "The	Intern" (V)
23	14	18	32	TNT	Movie: ***	The Polar Exp	ress" (2004, C	hildren's)	Movie: ***	"The Polar Ex	press" (2004, C	hildren's)
	25	22	33	AMC	(6:00) Movie:	*** "Pretty V	Voman"	Movie: ***	"The Princess	Bride" (1987)	cc (V)	Pretty
	29	25	34	HGTV	Love It or List	t It	Renovation F	ace-Off	Fix My Flip @		Fix My Flip ©	
33	24	30	36	HIST	Pawn Stars D	o America "De	enver Gold Ru	sh"	Pawn Stars "	Rocket Man"	Pawn Stars (In Stereo)
19	15	26	37	A&E	The First 48 @	C	The First 48	(N) CC	Killer Cases	(N) CC	The First 48	
34	18		38	DISC	Naked and Af	raid ©	Naked and A	fraid	Naked and A	fraid "Opposit	tes Don't Attract	" [CC]
35	31	31	39	TLC	90 Day Fiance	é	90 Day Fianc	é	90 Day Fianc	é	90 Day Fiand	é
	39	27	40	A/P	Pit Bulls and	Parolees	Pit Bulls and	Parolees (N)	Pit Bulls and		Pit Bulls and	Parolees
30	26	23	41	NICK	"The Secret Li	fe of Pets"	Loud House	Friends	Friends	Friends	Friends	Friends
31	21	24	43	DISN	Movie: ★★★ '	fice Age" (2002	2) CC	Hamster &	Ladybug	Big City	Big City	Big City
21	16	20	45	CNN	CNN Newsroo	om	The Seventie	s cc	The Sixties ©		The Sixties ©	0
37	34	35	65	HALL	Movie: "The F	Royal Nanny" (2	2022) Rachel S	Skarsten.	Movie: "Chris	tmas Town" (2	2019) @ (DVS)	
		21	72	SYFY	"Train Dragon			"Shrek" (2001) Eddie Murphy	/ [C]	Movie: ***	"Shrek 2"
39	36		73	TVL	Mom @	Mom ©	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men
			74	WE	NCIS "Rule Fif	ty-One"	NCIS "Spider	and the Fly"	NCIS "Worst I	Nightmare"	NCIS "Short F	use" 🚾
					A-Elliott	B-Stanto			Red Oak, Vi			

					A-EIIIOII	D-Stanto	0-2	erson D	-neu Oak, v	illisca, alcii	wood	
Cal	ble	Com	pan	ies	MONDA	AY EVE	ENING	NOV	EMBER	14, 20	22	
Α	В	С	D		7:00	7:30	8:00	8:30	9:00	9:30		10:30
3	3	3	3	KMTV 3	Neighbor	Bob Heart	NCIS "Love L	ost" (N)	NCIS: Hawai	'i (N)	3 News Now	Late-Colbert
4	4	4	4	KPTM 42	9-1-1 (N) © (E	DVS)	The Cleaning	g Lady (N)	News at Nine	,	iCRIME	iCRIME
6	6	6	6		The Voice "Liv		ormances" (N) CC	Quantum Lea	ap 🚾	WOWT 6	J. Fallon
7	7	7	7	KETV 7	Bachelor in P	aradise (N) (Ir	n Stereo) 🖾 ([DVS)	The Good Do	octor (N)	News	J. Kimmel
8			8	KCCI ®	Neighbor	Bob Heart	NCIS "Love L	ost" (N)	NCIS: Hawai	i (N)	News	Late-Colbert
15	5	15	9	KXVO 15	Wipeout (In S	tereo) 📧	Fear Factor	CC	Fear Factor	CC]	Dumbest	Dumbest
10	11	10	11	IPTV	Antiques Roa		Taken Hosta	ge: An Americ	an Experienc	e Special	In Their Own	Words
17			12		9-1-1 (N) 🖭 (E	OVS)	The Cleaning	g Lady (N)	13 News at 9	on Fox 17	National	National
9	9	9	16	NWSN	Cuomo (N) @		Dan Abrams	Live (N)	Banfield (N)	CC	Cuomo ©	
			19	ION	Criminal Mino	ds (In Stereo)	Criminal Min	nds "Hope"	Criminal Min	ds (In Stereo)	Criminal Min	ds (In Stereo)
		28	21	CSPAN	U.S. House		Public Affair	s Events (In S	tereo) 🖭			,
25			5	WOI 5	Bachelor in P	aradise (N) (Ir	Stereo) 🖭 ([OVS)	The Good Do	octor (N)	5 News	J. Kimmel
12	2	12	24	ESPN	NFL Football:	Washington C	Commanders a	at Philadelphia	Eagles. (N) (Liv	/e) 📧	Postgame	SportsC.
11	28	13	25	ESPN2	World Chase	Tag - USA	World Chase	Tag - USA	World Chase	Tag - USA	World Chase	Tag - USA
36			26	FX	Movie: ★★ "T	he Hangover F	Part II" (2011)	Bradley Cooper	r. CC	Movie: ★★ "/	Night School" (2	.018) ©
	10	16	27	PARMT	Movie: ***	"Dirty Dancing"	(1987) Jennif	er Grey. (In Ste	ereo) (V)	Movie: ***	"Dirty Dancing"	'(1987)
	40	36	28	LIFE	Movie: "Chris					cle in Motor Cit	y" (2021) Tia M	owry.
29	20	19	29	FREE				2: Lost in New Y	ork" (1992) 🖭	(V)	The 700 Club	CC
18	13	11	30	USA	WWE Monday	Night RAW (N) (In Stereo	Live) 🚾			Race for Cha	mpionship
	8	8	31	TBS	Big Bang	Big Bang	Big Bang	Big Bang	American	American	American	American
23	14	18	32	TNT	Movie: "Nation	nal Lampoon's	Christmas Va	cation" (V)	Million Dollar	r Wheels (N)	"Nat'l-Christm	as"
	25	22	33	AMC	(6:00) Movie:	★★½ "San And	dreas"	Movie: ★★★	"The Rock" (19	96, Action) Se	an Connery. 🔯	(V)
	29	25	34	HGTV	Celebrity IOU	CC	Celebrity IO		House Hunte		Hunters	Hunters Int'l
33	24	30	36	HIST	The Curse of	Oak Island: D	igging Deepe	er (N) ©				
19	15	26	37	A&E	The First 48 @		The First 48		The First 48	CC	The First 48 '	Cranked"
34	18		38	DISC	Street Outlaw	s "Holy Shock	er" Racers arr	ive in Idaho; Ky	e unveils his n	ew NPK Shock	er. (N) 🚾	
35	31	31	39	TLC	90 Day: The S	Single Life	The Culpo S	isters (N)	90 Day: The	Single Life	Sister Wives	(In Stereo)
	39	27	40	A/P	Alaskan Bush	n People	Alaskan Bus	sh People	Alaskan Bus	h People	Alaskan Bus	h People
30	26	23	41	NICK	SpongeBob			Friends	Friends	Friends	Friends	Friends
31	21	24	43	DISN	Movie: ***			ıms. 🔃	Hamster &	Big City	Ladybug	Ladybug
21	16	20	45	CNN	Anderson Co				CNN Tonight		CNN Tonight	
37	34	35	65	HALL	Movie: "The N						aza" (2019) 🖭 (
		21	72	SYFY	(5:48) ★½ "Wir	nchester"	Movie: ★★★	"Taken" (2008)			Movie: ★★ "7	
39	36		73	TVL	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	King	King
			74	WE	Bones (In Ste		Bones (In St	ereo) 🖾	Bones (In Ste	ereo) 🚾	Bones (In Ste	reo) 🚾
					A-Elliott	B-Stanto	n C-Em	erson D	Red Oak. V	illiona Clan		

					A-Elliott	B-Stanto	n C-Eme		-Red Oak, Vi		wood	,
Cal	ble	Com	pan	ies '	WEDNE	SDAY	EVEN	ING 1	OVEM	BER 16	5. 2022	
Α	В	С	D		7:00	7:30	8:00	8:30	9:00	9:30		10:30
3	3	3	3	KMTV ②	Survivor (N)		The Amazing		So Help Me T			Late-Colbert
4	4	4	4		The Masked S		LEGO Master		News at Nine		iCRIME	iCRIME
6	6	6			Chicago Med		Chicago Fire		Chicago P.D.		WOWT 6	J. Fallon
7	7	7	7	KETV 7					Big Sky "Duc		News	J. Kimmel
8	-	'	8		Survivor (N)		The Amazing		So Help Me T		News	Late-Colbert
15	5	15	9		Wipeout (In S		Fear Factor ©		Fear Factor		Dumbest	Dumbest
10	11	10	11	IPTV	The Great Wh		NOVA "Zero to		Secrets of the		The Horse Re	
17	- 11	10	12		The Masked S		LEGO Master		13 News at 9		National	National
9	9	9	16		Cuomo (N) @		Dan Abrams		Banfield (N)		Cuomo ©	Itational
			19	ION	NCIS "Pay to	Plav"	NCIS @ (DVS		NCIS "Willoug		NCIS "Off the	Grid"
		28	21		U.S. House		Public Affairs	/		inoy	ITOIC OII IIIC	dild
25			5	WOI 5					Big Sky "Duc	k Hunting"	5 News	J. Kimmel
12	2	12	24	ESPN	NBA Basketh	all: Boston Cel	Itics at Atlanta		NBA Basketh			or running.
11	28	13	25	_	College Footl				cetball: Gonzag			SportCtr
36			26	FX			ol" (2016) (In S		American Ho		American Ho	
	10	16	27		Movie: ★ "Gro) [C] (V)		The Longest Y	
	40	36	28	LIFE	Married at Fir				Married at Fir			(1)
29	20	19	29	FREE				sav Lohan. De	ennis Quaid. 🖾		The 700 Club	[CC]
18	13	11	30	USA	Law & Order:		Chucky (N) [C		Dr. Death "Fe		Law & Order	SVU
	8	8	31	TBS	All Elite Wres	tling: Dynami	te From Bridge	port, Conn.	Sheldon	Sheldon	Sheldon	Sheldon
23	14	18	32	TNT	NHL Hockey:	St. Louis Blues	s at Chicago Bl	ackhawks.		Los Angeles k	ings at Edmor	ton Oilers.
	25	22	33	AMC	Movie: ★★★	"Spider-Man" (2	2002, Action) T	obey Maguire	cc (V)	Movie: ***	"Spider-Man 2"	(2004)
	29	25	34	HGTV	Property Bro	thers	Property Brot	thers	Hunters	Hunters	Hunters	Hunters
33	24	30	36	HIST	Pawn Stars D	o America "Re	evolutionary De	eals" (N)	Secret Resto	ration (N)	Secret Resto	ration @
19	15	26	37	A&E	Court Cam	Court Cam	Court Cam	Court Cam	Road Wars	Road Wars	Court Cam	Court Cam
34	18		38	DISC	Moonshiners	"The Harder T	hey Fall" (N) (In	n Stereo)	Diesel Brothe	ers (N) cc	Moonshiners	
35	31	31	39	TLC	My 600-Lb. Li		They Now? (My 600-Lb. L		Too Large @	(DVS)
	39	27	40	A/P	The Zoo: San			Diego "Baby	Miracles" (In St	tereo)	The Zoo: Sar	Diego
30	26	23	41	NICK	SpongeBob	SpongeBob	Friends	Friends	Friends	Friends	Friends	Friends
31	21	24	43	DISN				Bunk'd	Big City	Big City	Ladybug	Ladybug
21	16	20	45	CNN	Anderson Co	oper 360 (N)	CNN Special	Program	CNN Tonight		CNN Tonight	
37	34	35	65	HALL			2022) Rachel S				s Village" (2022	
		21	72	SYFY	(5:00) Movie:		Chucky (N) @	(DVS)	Reginald the	Vampire (N)	Movie: "Pepp	
39	36		73	TVL				Raymond		Raymond	King	King
			74	WE	NCIS "Defiand	e" cc	NCIS "Kill Scre	een" 🚾	NCIS "One La	st Score"	NCIS @ (DVS	3)
					A-Elliott	B-Stanto	n C-Eme	erson D	Red Oak, Vi	Ilisca, Glenv	wood	

A	D	C	ט		7:00	7:30	0100	oisu	9:00	9:30	10:00	10:30
3	3	3	3		The Greatest		Fire Country		Blue Bloods ((In Stereo)	3 News Now	Late-Colbert
4	4	4	4			Night SmackD			News at Nine		ICRIME	ICRIME
6	6	6	6	WOWT 6	Lopez vs.	Young Rock	Dateline NBC	(N) (In Stereo) CC		WOWT 6	J. Fallon
7	7	7	7	KETV 7	Shark Tank (N) (In Stereo)	20/20 (N) (In	Stereo) 🚾			News	J. Kimmel
8			8		The Greatest		Fire Country		Blue Bloods ((In Stereo)	News	Late-Colbert
15	5	15	9	KXVO 15	Wipeout (In S		Fear Factor	20	Fear Factor "		World's Dum	best
10	11	10	11	IPTV			Market		ing on Wisdon	n cc	Anthems	Caverns
17			12	KDSM 17		Night SmackD			13 News at 9	on Fox 17	Hawkeyed	National
9	9	9	16	NWSN	Cuomo (N) @		Dan Abrams		Banfield (N) ©		Cuomo ©	
			19	ION	Hawaii Five-0	CC	Hawaii Five-0		Hawaii Five-0	CC	Hawaii Five-0	CC
		28	21			Affairs Events						
25			5			N) (In Stereo)					5 News	J. Kimmel
12	2	12	24	ESPN	College Bask		NBA		all: Minnesota	Timberwolves	at Memphis G	rizzlies. (N)
11	28	13	25	ESPN2	College Foot	ball: East Caro	lina at Cincinn	ati. (N) (Live) ©	C]		SportsCenter 1	
36			26	FX				th. (In Stereo)			"Iron Man" (200	
	10	16	27	PARMT				rabellum" (2019			"John Wick: Ch	
	40	36	28	LIFE		Dog Days of Ch			Movie: "A We			
29	20	19	29	FREE					Family Guy			
18	13	11	30	USA	Chicago Fire	(In Stereo)	Chicago Fire	(In Stereo)	Chicago Fire		Chicago Fire	
	8	8	31	TBS				arson. 🚾 (DVS			The Karate Kid	
23	14	18	32	TNT		★★ "Fred Clau			All Elite Wres		"Ready Playe	r One" (V)
	25	22	33	AMC	(5:00) Movie:	*** "The G			Movie: ★★★			
	29	25	34	HGTV	Dream		Dream	Dream		Hunters Int'l		Dream
33	24	30	36	HIST					<i>lge"</i> (2016, War			
19	15	26	37	A&E	The First 48		The First 48		The First 48 @		The First 48	
34	18		38	DISC					d at the legenda			Gold Rush
35	31	31	39	TLC	90 Day Fianc		90 Day Fianc		,	The Culpo Si		90 Days
	39	27	40	A/P	North Woods		North Woods		North Woods		North Woods	
30	26	23	41	NICK	"The Secret L		Monster	Friends			Friends	Friends
31	21	24	43	DISN		Ultra Violet		Miraculous V		Ladybug	The Villains	
21	16	20	45	CNN					CNN Tonight		CNN Tonight	(N) CC
37	34	35	65	HALL		erry Measure" (Movie: "A Ver			
		21	72	SYFY					ces of Steve Ca		Chucky @ (D	
39	36		73	TVL			Raymond	Raymond		Raymond		King
			74	WE	Love After Lo		Love After Lo	,	Love After Lo		Love After Lo	ckup 🚾
					A-Elliott	B-Stanto	n C-Em	erson D-	Red Oak, Vil	llisca, Glenv	vood	
Ca	ble	Com	nan	ies :	SUNDA	Y EVE	NING	NOVE	MBER	13 202	2	
												40.00
Α	В	С	D		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30
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7:00 7:30 8:00 8:30 9:00 9:30 10:00 10:30

Cal	pie	Com	ıpan	ies :	SUNDA	Y EVE	NING	NOVE	:MBEK	13, 202	22		
Α	В	С	D		7:00	7:30	8:00	8:30	9:00	9:30		10:30	
3	3	3	3	KMTV 3	The Equalize		East New Yo		NCIS: Los A		3 News Now		
4	4	4	4	KPTM 42	Simpsons	Great North		Family Guy	News at Nine		Attkisson	National	
6	6	6	6				Chargers at Sa	n Francisco 49	ers. (N) (In St	ereo Live) 🚾		News	
7	7	7	7	KETV 7	Celebrity Jeo	pardy! (N)	Celebrity Wh	ieel	ABC News II	nterview	Newswatch 1	7 at 10 (N)	
8			8		The Equalize		East New Yo	rk (N) cc	NCIS: Los A	ngeles (N)	KCCI 8 News	at Ten (N)	
15	5	15	9	KXVO 15	Wipeout "Wip	ey Awards"	Fear Factor	CC	Fear Factor	CC	Dumbest	Dumbest	
10	11	10	11	IPTV	Miss Scarlet		Magpie Murc	lers	Annika on M	lasterpiece	Secrets of S	elfridges	
17			12	KDSM 17	Simpsons	Great North	Burgers	Family Guy	News	Attkisson	Big Bang	Two Men	
9	9	9	16	NWSN	NewsNation I	Prime (N)	NewsNation	Prime (N)	NewsNation	Prime ©	NewsNation	Prime cc	
			19	ION	NCIS "The Wa	ake"	NCIS "The Br	at Pack"	NCIS "Birds of	of a Feather"	NCIS "Return	to Sender"	
		28	21	CSPAN	Q & A @		Prime Min.	Public Affairs	s Events (In S	tereo) 🚾	Q & A @		
25			5	WOI 5	Celebrity Jeo	pardy! (N)	Celebrity Wh		ABC News II		Local 5 New	s at Ten (N)	
12	2	12	24	ESPN	NHL Hockey:	Capitals at Lig	htning	Red Bull BC	One World Fi	nals 🔯		SportsC.	
11	28	13	25	ESPN2	SportCtr	USL Champio	onship Socce	r: Teams TBA.	(N) cc	Formula 1 Ra	acing		
36			26	FX	(6:00) Movie:	★★★½ "Black	Panther" (2018	3) cc	Movie: ★★★	½ "Black Panthe	er" (2018) (In S	itereo)	
	10	16	27	PARMT	Yellowstone	(N) (In Stereo)	CC	-	•	Yellowstone	(In Stereo) cc		
	40	36	28	LIFE	Movie: "Six D	egrees of Sant	ta" (2022) Kath	ryn Davis.	Movie: "Merr	y Swissmas" (2	2022) Jodie Sw	eetin. 🚾	
29	20	19	29	FREE	(6:20) Movie:	** "The Sant	a Clause 2" (2	002) 🔯	Movie: "The	Santa Clause 3	3: The Escape Clause"		
18	13	11	30	USA	Law & Order:	SVU	Law & Order	: SVU	Law & Order	: SVU	Law & Order	: SVU	
	8	8	31	TBS	Movie: ***	« "A Christmas	Story" (1983)	(V)	Movie: ★★★	★ "A Christmas	Story" (1983)	(V)	
23	14	18	32	TNT	Movie: ***	"Elf" (2003) Wil	II Ferrell. Prem	iere. 🚾	Movie: ★★★	"Elf" (2003) Wi	II Ferrell. CC (V)	
	25	22	33	AMC	(6:54) The Wa	alking Dead	The Walking	Dead (N)	Interview Wi	th the Vampire) CC	Talk Dead	
	29	25	34	HGTV	Renovation Is	sland	Renovation I	sland (N)	Home Town		Home Town	[CC]	
33	24	30	36	HIST	Toys-America	a	Toys-Americ	a	Built Americ	a	Built Americ	а	
19	15	26	37	A&E	The First 48 @	CC	The First 48	CC	The First 48	CC	The First 48	CC	
34	18		38	DISC	Alaskan Busl	h People (N)	Alaska: The	Last Frontier	Alaska: The	Last Frontier	Alaska: The	Last Frontier	
35	31	31	39	TLC	90 Day Fianc	é: Happily Éve	er After? (N) (DVS)	Sister Wives	(N) (DVS)	90 Day Fiand	é	
	39	27	40	A/P	Lone Star La	w (In Stereo)	Lone Star La	w (In Stereo)	Lone Star La	w (In Stereo)	Lone Star La	w (In Stereo)	
30	26	23	41	NICK	"The Secret L					cond Part" (201		Friends	
31	21	24	43	DISN	Alvin	The Villains	Ultra Violet	Raven	Jessie	Jessie	Big City	Big City	
21	16	20	45	CNN	CNN Special	Program	The Nineties	CC	The Eighties	CC	The Seventie	es cc	
37	34	35	65	HALL	Movie: "Chris	tmas at the Go	olden Dragon" (2022)	Movie: "Chris	stmas Under W	/raps" (2014) @	(DVS)	
		21	72	SYFY						isten Wiig. 🚾 (Future III	
39	36		73	TVL	Yellowstone			, ,	•	Yellowstone			
			74	WE	Criminal Mine	ds (In Stereo)	Criminal Min	ds (In Stereo)	Criminal Min	ds (In Stereo)	Criminal Min	ds (In Stereo)	
				•	A-Elliott	B-Stanto	n C-Em	erson D	Red Oak, V	illisca, Glen	wood		

Cable Companies TUESDAY EVENING NOVEMBER 15, 2022													
Cá													
A	В	С	D		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	
3	3	3	3	KMTV 3	FBI "Ready or	· Not" (N)	FBI: Internati	onal (N)	FBI: Most Wa	anted (N)	3 News Now	Late-Colbert	
4	4	4	4	KPTM 42	The Resident (N)		Monarch "Confessions"		News at Nine		ICRIME	ICRIME	
6	6	6	6	WOWT 6	The Voice (N) ©		La Brea "1988" (N)		New Amsterdam (N)		WOWT 6	J. Fallon	
7	7	7	7	KETV (7)	Bachelor in P	aradise (N) (I	Stereo) @ (DVS)		The Rookie: Feds (N)		News	J. Kimmel	
8			8		FBI "Ready or		FBI: International (N)		FBI: Most Wanted (N)		News	Late-Colbert	
15	5	15	9	KXVO 15	Wipeout (In S	itereo) 🚾	Fear Factor "Semifinals" ©		. , ,		Dumbest	Dumbest	
10	11	10	11	IPTV	Finding Your		Taken Hosta	ge: An Americ	an Experience Special		Rick Steves Art of Europe		
17			12	KDSM (17)	The Resident	(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	Chicago Fire (In Stereo)		Chicago Fire (In Stereo)		Chicago Fire (In Stereo)		Chicago Fire ©		
		28	21	CSPAN	U.S. House Public Affairs Events (In S								
25			5	WOI 5	Bachelor in P	aradise (N) (II	n Stereo) 🖾 (D	VS)	The Rookie:	Feds (N)	5 News	J. Kimmel	
12	2	12	24	ESPN	College Bask	etball	Top 25	College Bask	etball: Duke v	s Kansas. (N)	(Live) ©	SportCtr	
11	28	13	25	ESPN2	(6:00) College	Football: Te	ıms TBA. (N) (Live) ©		30 for 30 @				
36			26	FX	Movie: ★½ "T/	he Waterboy" (1998) Adam S	98) Adam Sandler. Movie: ★½ "The Waterboy" (1998) Adam Sandler.		
	10	16	27	PARMT	Movie: ★½ "Grown Ups" (2010) Adam Sandler. (In Stereo) ©					Movie: ★ "Gr	own Ups 2" (20	13) 🚾	
	40	36	28	LIFE	Movie: "Christmas a la Mode" (2019) Katie Leclerc.				Movie: "The Santa Squad" (2020) Aaron Ashmore.				
29	20	19	29	FREE	(5:30) "Just Go With It" Movie:			** 1/2 "Bad Moms" (2016) M		S) Mila Kunis. ©		The 700 Club ©	
18	13	11	30	USA	WWE NXT (N) (In Stereo Liv	re) cc	e) ©		Movie: ★★★½ "Back to the F		uture" (1985) 🖭	
	8	8	31	TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	American	American	
23	14	18	32	TNT		all: Grizzlies a				all: Brooklyn N	Nets at Sacramento Kings.		
	25	22	33	AMC	(6:00) Movie:	"Terminator G	enisys" (V)	Movie: ★★★	"Star Trek Beyond" (2016) Ch		nris Pine. @ (V)		
	29	25	34	HGTV	Good Bones	CC	Good Bones	Better Yard	Hunters	Hunters Int'l	Hunters	Hunters Int'l	
33	24	30	36	HIST	Oak Island: D	rilling Down	The Curse of Oak Island "O		n Their Marks"		The Curse of	Oak Island	
19	15	26	37	A&E	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Customer	Customer	Neighbor.	Neighbor.	
34	18		38	DISC	Deadliest Catch (N) ©		Alaskan Bush People		Alaskan Bush People		Alaska: The Last Frontier		
35	31	31	39	TLC	Little People, Big World		Little People, Big World		I Am Shauna Rae (N)		The Culpo Sisters		
	39	27	40	A/P							River Monsters (In Stereo)		
30	26	23	41	NICK	SpongeBob	SpongeBob	Friends	Friends	Friends	Friends	Friends	Friends	
31	21	24	43	DISN	Big City	Big City	The Villains	The Villains	Mysterious	Big City	Ladybug	Ladybug	
21	16	20	45	CNN	Anderson Cooper 360 (N)				CNN Tonight (N) ©		CNN Tonight (N) ©		
37	34	35	65	HALL	Movie: "All Sa	aints Christmas	"(2022) Ledisi			ched for Christr	nas" (2017) @ (DVS)		
		21	72	SYFY	(6:00) "Fast & Furious" Movie: ★★½ "Fast Five" (20			1, Action) Vin Diesel, Paul Walker. @ (DVS) (V)					
39	36		73	TVL	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	King	King	
			74	WE	Law & Order	"Ritual"	Law & Order	CC	Law & Order	"Expert"	Law & Order	"Castoff"	
A-Elliott B-Stanton C-Emerson D-Red Oak, Villisca, Glenwood													



If the weather is questionable, please call to see if the clinic is still being held.



BLOOD PRESSURE CLINIC

- 1st Friday of each month 11:45
 Red Oak Senior Center
- 2nd Friday of each month **12:15 Villisca Community Center**
- · 3rd Friday of each month 12:15 **Stanton Viking Center**
- 4th Friday of each month 12:15 **Elliott Community Building**
- Every 5th Friday of the month 12:15 **Grant Hayloft**

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 actu-

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 were 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

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

"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

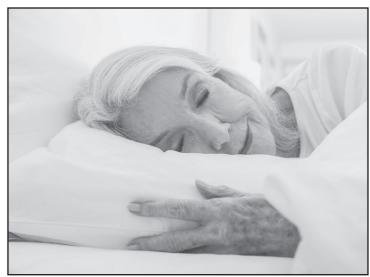
Sleep flushes diseased and damaged bits of toxins and waste from our brains. It also performs a process called consolidation, which cements information in the brain that was learned throughout the day so the brain retains it. Sleep plays a role in metabolism and helps control hunger hormones. Sleeping 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,

"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 ag



safety training and come home to serve as our trainers and safety advocates. Even though we've done something hundreds of times without incident, we must understand tragic incidents can happen if we aren't working in a safe manner."

Often, the public believes that victims of injury and accidents on the farm involve youth who are working there. However, 60% of farm-related accidents involve children who were in an agricultural 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

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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Seamless Gutters - Several Colors Gutter Cleaning, Repairs & Leaf Guard, Vinyl Siding, Replacement Windows, Decks & Blown Insulation

References Available - Free Estimates - Insured

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MILLS/MONTGOMERY COUNTY CLASSIFIED ADS



Local News Coverage

Miscellaneous

Card of Thanks

The family of Wendell Kelley want to thank everyone for their prayers, cards, and memorials. Your kindness helped during this difficult



Public Notices

All real estate advertising in this newspaper is subject to the fair housing Act which makes it illegal to advertise "any preference limitation or discrimination based on race, color, religion, sex, handicap, familial status, or national origin, or intention to make such preference. limitation, or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in

this newspaper are available

on an equal opportunity basis.

To complain of discrimination, call HUD toll-free at 1-800-669-

9777. The toll-free telephone

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Real Estate

APPLICATIONS ARE BEING ACCEPTED FOR GLENWOOD HOUSING CORP. 1 BR Elderly Apt. Glenwood, IA 51534, "62

Apartments for Rent

Years of age or older, handicap/ disabled, regardless of age Contact: Smouse Financial at 417-886-9221. Equal Housing Oppurtunity. Applicants have the right to equal & fair treatment without regard to race, color, religion, gender, disability, familial status, or national origin.

For Rent: Woodland Park Apartments, RO. All New 1, 2, & 3 Bedroom Apartments. Utilities included. WiFi and TV specials. Pet friendly. 515-206-6547. Or apply at www. zoulproperties.com.

Houses for Rent

1 Bedroom farmhouse for rent. Outside pets allowed. Available immediately. 527-

1 Bedroom house for rent. Completely furnished. No Pets. 527.4801

Houses for Sale

1994 Schult mobile home for sale, 2 bedroom, 2 bath. 1,056 square feet. Very good condition. Brand new central air & furnace. New front entry & storm door. Washer, dryer, stove, & new fridge included. &30,000. Call Jerry @712-370-0915

Can you BUY a home for less than rent? Special financing available. Do you qualify? Cal Jim Hughes Real Estate; 712-

Services

Business & Service

Need a notary? Do you work during normal notary hours? The Red Oak Express is now offering notary services by appointment only. Standard business hours fee is \$5. After hours/ weekend appointments are also available, by appointment only, for \$15. For questions or to book an appointment call Nanny at 712-623-2566, Current photo ID's needed for all signers and witnesses.



2 HIGH QUALITY FARMLAND AUCTIONS

Mills County Land Auction Thursday Nov. 17th @ 10AM **Henderson Community Bldg** Anderson Twp. - Section 1 Net Tax Acres: 93.0

FSA Farmland Acres: 93.72 FSA Crop Acres: 89 81 Taxes: \$3152.00 CSR2: 76.5

Harvey & Darlene **Bolton Trust**

Pott. County Land Auction Friday Nov. 18th @ 10AM Treynor Community Bldg.

Silver Creek Twp. - Sect. 11 & 14 Hardin Twp. - Section 25 Tract #1: Net Tax Acres: 197.2 Tract #2: Net Acres: 69.84 FSA Farmland Acres: 196.71 FSA Farmland Acres: 69.61 FSA Crop Acres: 180.59 FSA Crop Acres: 65.80 Taxes: \$8646.00 Taxes: \$2206.00 CSR2: 77.9 CSR2: 67.55

Robert C. Volz Trust

For Complete Details, FSA Information, Soil Maps, Terms & Conditions call our office or go to:

www.Menke-Auction.com/liveauctions.htm





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Byron Menke - Broker/Auctioneer Office: 712-487-3542 Cell: 402-630-6469 Rick Grote - Auctioneer

GOPRO

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ives of rural lowans to join our team as the Community Development Director. This is a senior management position that pro-actively oversees the planning and housing teams. SWIPCO is filling this position now due to a vacancy and an expanding workload. A wide variety of backgrounds will be considered, including but not limited to community and regional planning, housing development, public administration, social work, environmental studies, public policy, finance, and business administration. The work station is at our Atlantic, lowa office and the position involves significant travel throughout the 8 county region. Starting salary range is \$65,000-\$80,000 DOQ with an excellent benefits package. Review of applications will being on November 14, 2022.

Full posting and application information is available at http:// www.swipco.org/career-opportunities-rfp-s/.

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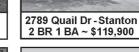
Dan Bullington

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Danny Robertson **AGENT**



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2 BR 1 BA ~ \$119,900 PRIME LOCATION! .39 ACRE LOT

103 W Linden Street Red Oak Pole Shed ~ RV Port





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1208 Elm St. Atlantic \$164,000 2806 N 4th Red Oak \$315.000



207 1st Ave. Red Oak \$52,900 Ranch 2 bedroms 1 bath

Woodland Hills SD lot 4

110 S 2nd St. Red Oak \$299,000 Commercial building

unitedgroupia.com | NPDodge.com

Steve Bergren, Broker cell 712-789-0847 Jill Cooper cell 712-621-0998

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1969 200th St Red Oak

\$238,500 1.57 Acres 3 BR 134 BA

608 E Oak St Red Oak \$164.900 3 BR 1 ½ BA PENDING 1321 Willow Ave Villisca \$165,0000 2.89 Acres 3 BR 1 BA <u>AuctionTime</u>

If you have a piece or two of equipment call

Approximately 85 Acres East Side Malvern, IA LAND AUCTION December 6, 2022 @ 10:00 am Montgomery County Gold Fair Building 360 Acres m/l in Lincoln Twp., Montgomery County

Approximately 5 acres Southwest of Stanton, Rural water and electricity

\$95,000

1507 Eastern Ave Red Oak

\$149,900 3 BR 1 3/4 BA Mills County Farmland

Selling in 4 parcels 3-80's m/l

& 1-120 m/l anytime & we can sell it on AuctionTime 509 Main St., Griswold, Iowa office 712-778-2242

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712.623.2566

NOVEMBER AUCTION

ANTIQUES & COLLECTIBLES, PRIMITIVES, TOOLS. LAWN & GARDEN. HOUSEHOLD

NOVEMBER 12, 2022 10:00AM

White Fair Building - Red Oak, IA

The Liddell Auction Services looks forward to seeing you at the Auction on November 12th.

Please check out our website: liddellauctionservices.com to see the pictures. Also, become our friend on Facebook.

Auctioneers: Mark Liddell, Andrew Herzberg, Matt Dolch and Jason Reiber

Liddell Auction Clerks Famous Amos Foods on Grounds

PUBLIC LAND AUCTION

93.48 ACRES | PAGE COUNTY | AMITY TWP

Location of Auction: SHENANDOAH ELKS LODGE - 709 S FREMONT ST, SHENANDOAH, IA 51601 Directions to the farm: From College Springs - drive Southeast on Nodaway St / Oak Ave for 1/4 mile. Turn left on 300th St. Farm is located on the South side of the road. Signs will be posted!

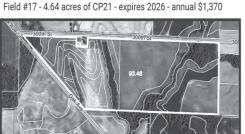
FSA INFORMATION: FARM #5320 TRACT #4001

FARMLAND: EST. 96.31 CROPLAND: EST. 78.62 DCP CROPLAND: EST. 78.62 **TAXABLE ACRES: 93.48**

TAXES: \$20.95 PER ACRE | \$1,958 ANNUAL **CSRII:** 63.5 PART OF SEC. 21 - 67N - 37W **CORN BASE ACREAGE: 17.35 PLC YIELD: 106 BEAN BASE ACREAGE: 12.30 PLC YIELD: 25**

CRP INFORMATION: Field #12 - 3.47 acres of CP21 - expires 2025 - annual \$1,024

TOTAL BASE ACREAGE: 29.65



AUCTIONEER'S NOTE: Very

LIVE AUCTION W/ ONLINE BIDDING

METHOD OF AUCTION: Farm will be sold on a dollar per acre basis to be multiplied by the net taxable acres. TERMS: 10% down day of auction with balance due at closing on or before ember 22, 2022. Abstract will be provided. ACCEPTANCE OF BIDS: Successful bidders will enter into a purchase tract at the auction site immediately following the auction. All bids are oject to seller's approval. Your bidding is not subject to financing, so ancing must be arranged prior to auction. POSSESSION: At closing. Subject to tenant's rights. Full farming possess

AGENCY: Auctioneer Allan Hughes & Jim Hughes Real Estate are agents fo & represent the sellers. All bidders will be considered customers, not clients

name will make by the aductioned at the time to safe will take be over any previously printed material or any other statements made. All on contained in the brochure and all related materials are subject to terms as outlined in the agreement to purchase. The property is being sold on an IS, WHERE IS basis, and no warranty or representation either expressed or implies ning the property is made by the seller or the auction company. Each potential sible for conducting his or her own independent in

SELLER: WILLIAM SHELTON TRUST



will be March 1, 2023.

AUCTIONEER: AL HUGHES 402-672-3621 **BROKER: JIM HUGHES** 712-520-7300



WWW.ALHUGHESAUCTION.COM 🕮

FOR SALE SW IOWA CROPLAND

195.59 Acres Montgomery County- \$1,700,000.00 148.11 Acres Montgomery County- \$1,700,000.00

138.76 Acres Cass County- \$2,100,000.00 Offers to be accepted through November 30, 2022

Contact David Thien, Broker for Offer Package Thien Farm Management, Inc.

101 East Graham Ave., Council Bluffs, IA 51503 712-328-3477 or 402-699-1464 E-mail: david@tfmgt.com Website: www.tfmgt.com

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Deadlines: The Red Oak Express and The Red Oak Express Extender

> **CLASSIFIED LINE AD DEADLINES** 10 a.m. Thursday. **RETAIL & CLASSIFIED DISPLAY**

4 pm Wednesday for the following week's publication. Email line ads:

circulation@redoakexpress.com

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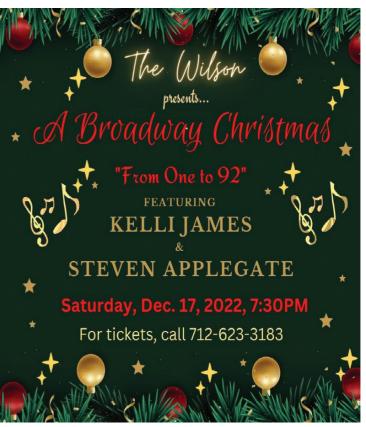










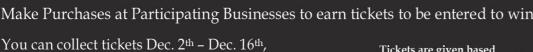












actual event downtown at 11am on Dec. 17th 2023

MUST BE PRESENT TO WIN!

Tickets are given based on purchase amount:

> \$0.1 - \$50 - 1 Ticket \$50 - \$100 - 2 Tickets

\$100 - \$150 - 3 Tickets \$150 - \$200 - 4 Tickets \$250 - higher - 5 Tickets

Participating Businesses:

Dovel Refrigeration & Appliance, Goldsmith Gallery LTD,

J Mercantile, Mark Jackson's Red Oak Hardware Hank & Hallmark Gold Crown Store, Neighborhood Bakehouse, Pudgy Pumpkin Patch, Red Oak Do It Center, Red Oak Fabrication, The Carpet Store / Designs by Denise, Valley Antiques, Vals Sugar Shack, Westlake Ace Hardware, White Sparrow.



