



# The News

KALONA, WELLMAN, RIVERSIDE & LONE TREE

Volume 127 • No. 43

KALONA, WASHINGTON COUNTY, IOWA 52247 • THURSDAY, OCTOBER 29, 2020

\$1.25

**WEEK 9**

Tipton **18**  
Mid-Prairie **15**

Montezuma **54**  
Lone Tree **14**

## AROUND TOWN

### KHS to hold annual meeting Nov. 12

The Kalona Historical Society annual meeting will be held at 5:30 p.m. on Thursday, Nov. 12, at the Historical Village Visitors Center, 715 D Avenue.

The agenda includes election of a new president and other officers as well as board members.

### Optimists move meetings to Elements Youth Center Nov. 5

The Kalona Optimists Club will hold its next meeting at the Elements Youth Center in the old library portion of the Kalona Community Building at 6 p.m. on Nov. 5.

Tyler Coblenz is program chairman. The Club will also review the Halloween colorings by the Mid-Prairie Elementary students. There will also be an installation of a new member.

### Rotarians now Meeting at KHS Village Visitors Center

The Kalona Rotary Club is now holding its Tuesday luncheons in the Visitors Center at the Kalona Historical Society Historical Village at 715 D Avenue every Tuesday at noon. The meal is catered by Ila (Henry) Miller.

### Early deadline for

#### The News Nov. 6

Any advertising or news items to be included in the Nov. 11 edition of The News will need to be submitted to the newspaper staff by 12 p.m. on Friday, Nov. 6.

Due to Veteran's Day, The News will be published on Wednesday Nov. 11 instead of the regular Thursday publication.

**DAYLIGHT SAVINGS ENDS**  
**SUNDAY, NOV. 1**



CHRISTOPHER BORRO/THE NEWS

Riverside Iowa Paranormal members Bill Tandy, Kelly Tandy, Michelle Reuss and Drew Hellige.

## Riverside Iowa Paranormal offers help to haunted residents free of charge

BY CHRISTOPHER BORRO  
The News

### RIVERSIDE

If there's something strange in your neighborhood, on Halloween or otherwise, there are people you can call to help you right here in Washington County.

Riverside Iowa Paranormal (or, aptly, RIP) serves eastern

Iowa and beyond in all happenings beyond the grave.

Co-founders Michelle Reuss and Kelly Tandy have been involved with paranormal cleansings, tours and investigations for more than a decade, but only founded their organization five years ago.

RIP does more than just investigate hauntings. Its members offer counseling for vic-

tims of paranormal activity, cleanse homes of spirits, and remove haunted items. For private residences, they do all of this for free.

"When people see the help RIP does, they know it's sincere...and they really feel like

SEE PARANORMAL | PAGE 3A

## No matter how you do it, be sure to vote!

BY MOLLY ROBERTS  
The News

The general election is imminent but voters wishing to vote absentee in-person still have many opportunities before Election Day on Nov. 3.

Washington County voters can vote in-person at the Washington County Auditor's Office from 8 a.m. to 4:30 p.m. on weekdays. The office will also be open for additional hours: 8 a.m. to 5 p.m. on Friday, Oct. 30; 9 a.m. to 5 p.m. on Saturday, Oct. 31; and 8 a.m. to 5 p.m. on Monday, Nov. 2.

Official ballot drop boxes are also available on the west side of the Washington County courthouse and are available 24-7.

Johnson County voters can vote in-person by driving, walking, or biking up to the parking ramp north of the Johnson County Health and Human Services building with the entrance off Clinton Street. Voting hours will be 8 a.m. to 5 p.m. on weekdays with addi-

SEE VOTE INFO | PAGE 2A

## Celebrate Halloween safely amid pandemic

BY MOLLY ROBERTS  
The News

Wellman, Kalona and Riverside will hold trick-or-treat time from 5:30-7:30 p.m. on Saturday, Oct. 31 and Lone Tree will hold theirs from 5-7 p.m. on the same date.

Residents who don't wish to receive any door-to-door visitors should keep their porch light and other exterior lights turned off. Residents also have the option to distribute candy without coming face-to-face with visitors by leaving treats on their porch, driveway or yard with their porch light on. Residents who want to hand candy directly to visitors should also keep their porch light on.

The CDC categorized traditional trick-or-treating, where treats are handed to children who go door to door as a high-risk activity. A safer alternative, categorized by the CDC as a moderate risk, is one-way trick-or-treating where individually wrapped goodie bags are lined up for families to grab while continuing to social distance, such as at the end of a driveway or at the edge of the

yard.

The CDC recommends wearing face coverings during all Halloween events with people from outside your household.

Low-risk Halloween celebrations recommended by the CDC include carving pumpkins with your family or outdoors at a safe distance from friends and neighbors, holding a virtual costume contest, or going on a Halloween scavenger hunt in your neighborhood to look for decorations.

It is also important to remember pedestrian and traffic safety when celebrating Halloween — according to the National Safety Council, children are more than twice as likely to be hit by a car and killed on Halloween than any other day of the year.

Sunset on Oct. 31 will be at 6:02 p.m. Remember that dark-colored costumes and clothes are harder to see in the dark. The NSC recommends carrying glow sticks or flashlights when walking or affixing reflective tape to costumes and bags. Drivers are also encouraged to turn their headlights on earlier in the evening than normal to increase visibility.

## Mid-Prairie board receives enrollment data, plans for possible hybrid model



MOLLY ROBERTS/THE NEWS

Mid-Prairie superintendent Mark Schneider presents preliminary enrollment data collected during the Oct. 1 student count day.

BY MOLLY ROBERTS  
The News

### WELLMAN

During a work session of the Mid-Prairie board of education on Oct. 26, superintendent Mark Schneider presented enrollment data for the district. Count day was Oct. 1.

The preliminary data, which will be finalized in November, shows that there are 1276.22 students enrolled in Mid-Prairie schools, which is

a decrease of only .1 student from last year. Schneider said that of the 32 schools in the Grant Wood Area Education Agency, about 75% of them lost enrollment due to various reasons.

455 students from 22 other districts are open enrolled in Mid-Prairie schools, including 209 in full-time K-12, which is up five students from last year.

SEE MID-PRAIRIE | PAGE 2A

**OPEN HOUSES**

**\$315,000**

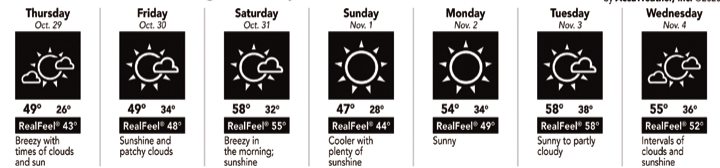
**2204 135th Dr., Unit #1 - Kalona**  
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## Forecasts for North Washington County



## MID-PRAIRIE/Continued from Page 1A

242 students open enrollment students are part of the Home School Assistance program, which is up from 186 the year prior.

Conversely, only 36 resident students are open enrolled out of the Mid-Prairie district. "It's very good news for the district," Schneider said. "It's a testament to the administrators and the teachers. There's obviously something here that people want. 455 students that open-enroll in your district is pretty telling."

Administrators from each school presented the board with the plans for if it became necessary to transition to a hybrid model. When school began on Aug. 24, Washington County showed a 6% 14-day rolling positivity rate for COVID-19. However, on Oct. 26, the county rate was 18.7%.

Should it become necessary to move school partly online, students will be split into two groups that will attend school on alternating days. "A" group would attend in-person classes on Mondays and Thursdays and "B" group would attend

in-person on Tuesdays and Fridays. The groups would alternate every other Wednesday due to the current early-out schedule.

Middle School principal Marc Pennington said the "off days," when students are learning at home, would look similar to how the district has handled quarantined students so far.

"A lot of work is done through Google Classroom. There are personal trackers we can use that staff are creating and have office hours for," Pennington said. "Mind you, the staff is still teaching full-time on the off days... In my mind it would be similar to how quarantine learning looks now in terms of things set up for kids to be productive at home."

High school principal Jay Strickland said there would also be the possibility for students to Zoom in to the classroom when they are learning from home.

"After last spring, we want to try to keep it as similar to as school day as possible, which, obviously when they're re-

mote, is going to be challenging to sit in front of a computer," Strickland said. "But if the teacher then would transition from instruction to individual learning, they'd be able to do that at home just like they would in the classroom."

In other business, Activities Director Tyler Hotz presented the plan for facilities use for non-school sponsored activities over the winter. Organizations wishing to use Mid-Prairie facilities such as gyms, cafeteriums or student centers, must fill out an Indoor Facility Usage Form and adhere to regulations that limit the spread of COVID-19.

Face coverings will be required for all visitors, with the exception of individuals participating in physical activities. Visitors should monitor their temperature and refrain from entering the facility if they have any symptoms of COVID-19. Visitors should also provide their own hand sanitizer.

Organizations will be limited to one time slot per week in the Indoor Facility and two time slots per week in any gym.

At this time, Mid-Prairie has not determined guidelines for facility usage pertaining to tournaments or games.

## VOTE INFO/Continued from Page 1A

tional hours close to the election: 8 a.m. to 4 p.m. on Saturday, Oct. 31 and 10 a.m. to 4 p.m. on Sunday, Nov. 1.

Johnson County voters can also return their completed ballots to the official drop boxes located south of the Administration Building and are available 24-7. There is also a selfie station set up on the east side of the building to give voters a chance to snap a picture to celebrate their vote.

Mail-in ballots must be postmarked by Nov. 2. Ballots may also be returned in-person at your auditor's office before the polls close on Nov. 3.

Voters can track their ballot at sos.iowa.gov by inputting their name and birth date into the tracker, which will list the date their absentee ballot request was processed, the date the ballot was sent by the auditor, and the date the voted ballot was received by the auditor.

Polls will be open from 7 a.m. to 9 p.m. for voters wishing to cast their ballots in-person on Election Day. The Kalona precinct will vote at the Kalona Community Center; the Riverside precinct will vote at City Hall; the Wellman precinct will vote at Parkside Activities Center; and the Fremont-Lincoln precinct, which includes Lone

Tree, will vote at the Lone Tree Middle School/High School.

Voters can find their polling place by visiting sos.iowa.gov and clicking the "Find my polling place" button in the center of the screen.

The deadline to register to vote online has passed, but Iowa voters can still register at the polls on Election Day. Those wishing to register at their polling place on Nov. 3 must provide proof of identification, such as a photo ID or passport, and proof of residence, such as a lease, utility bill, bank statement, paycheck or government document.

If voters are unable to provide proof of identification and residence on Election Day, a registered voter from their precinct may attest for them. Both the voter and attester will be required to sign an oath swearing the statements being made are true. Falsely attesting or being attested for is registration fraud, a class D felony punishable by a fine of up to \$7,500 and up to five years in prison.

Questions regarding when and how to vote should be directed to the Washington County Auditor's election line at 319-653-7717 or the Johnson County Elections Office at 319-356-6004.

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**CITY OF KALONA**

# TRICK OR TREAT

**5:30 - 7:30 P.M.**

People wishing to hand out treats should have their porch or front door lights on during those hours. If you do not wish to participate, leave your lights off.

*Please act respectfully and be very careful. Practice social distancing and wear a mask, and only hand out pre-packaged treats.*

**NO HALLOWEEN PARTY**

We apologize that out of concerns about COVID-19 virus, the Kalona Optimists will not be sponsoring a Halloween Party on Oct. 31. Plan to attend next year's Optimist Party at the Kalona Y.

**DUE TO VETERANS DAY, THERE WILL BE AN EARLY DEADLINE ON FRIDAY AT NOON**

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Chris Nachtigall

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## Highland school board leans toward block scheduling for 2021-22 year

BY RON SLECHTA

The News  
RIVERSIDE

During a work session on Monday evening, Oct. 26, the Highland School Board discussed doing a modified version of block scheduling starting with the 2021-22 school year.

School administrators said there is nearly a consensus among teachers to start utilizing block scheduling. Topic for discussion for staff meetings for the next several weeks will be how to implement block scheduling the next school year. It was also mentioned that block scheduling gives greater opportunity for intervention if a student is struggling in one or more classes.

Dean of Students Bill Zywiec said one form of block scheduling is to use block scheduling centered around the 27-minute lunch hour. He noted that other schools have indicated the block scheduling method allows more prep time for students giving them less homework and more time to participate in extracurricular

activities.

Concern was raised about how to work around college prep classes through Kirkwood Community College with block scheduling. Staff have been in touch with Cedar Rapids and Washington high schools to see how they are handling block scheduling.

Superintendent Ken Crawford noted Highland is considering block scheduling by taking an 8-period day and stretching it over a 2-day period — four classes one day and another four classes the next day.

Principals also gave a report on MAP testing at the secondary level. It was not that it was anticipating student scores would be flat because of the disruption of learning due to COVID virus, but some students showed significant increase in achievement and growth. One principal noted that “those students who want to do well, do better on the tests.”

Reading skills have shown improvements while math scores seem to be stable or dropping. Results of the MAP

test, which cost \$12 to \$15 a student, are being placed in student folders so students and parents can access them to see where improvements can be made.

Crawford informed the board on progress on the playground improvements and wastewater treatment. He noted the swing which seems to be on a slow boat across the ocean should be in port Oct. 30 and arrive in Riverside within about a week. It can be installed this fall, but surface around the swing would not be placed until there is warm weather again.

The board indicated they supported moving the septic tanks further to the southeast corner of the grounds to allow better drainage and that a permanent gravel road to the treatment building and a light be installed to for \$3,500 near the wastewater treatment area and that the facility be designed for additional treatment of wastewater costing \$44,000.

The next Highland School Board meeting will be the annual meeting on Nov. 9.

### PET OF THE WEEK

NIXON



SUBMITTED

This week's PAWS & More pet of the week is Nixon, a seven-year-old Plott Hound and Boxer mix. Nixon has come to PAWS & More after several years of being in a wonderful home. His owner became too ill to take care of him, so both of their hearts have been broken. He is very well behaved, does great with other animals and everyone he meets. Nixon loves to snuggle, is potty trained, and is a quiet kind of doggie who would love to be somebody's couch potato. For more information on Nixon, contact washingtonpawsandmore1978@gmail.com or call 319-653-6713.

### PARANORMAL/Continued from Page 1A

They are being helped by people who care about the situation,” said junior paranormal investigator Tristen Wendling.

Each member has a particular role to play. Wendling and the other junior members, Carson Netser and Mason Westerhoff, comb through data. Bill Tandy creates equipment; his wife Kelly is a sensitive and reiki master. Drew Hellige helps with equipment and transportation. Reuss acts as a psychic medium, a demonologist and an exorcist. Todd Wendling is the team's historian.

Reuss and Bill Tandy are ministers; Hellige and both Tandy's are military veterans. Everyone at RIP has a day job or attends school.

For RIP, interactions with the paranormal are another part of everyday life. Investigations or event tours can last for days, and when those are done, they need to watch or listen to hours of recordings to pick up any evidence of ghostly activity. Or, as Hellige pointed out, they need to see if what's going on is paranormal to begin with, as opposed to electrical interference or poisonous gas.

To capture evidence, the team uses both technical and holistic devices, but said the best thing to do for drawing out ghosts was just to try and

interact with them.

“They were people at one point in time, I'm sure they get a little bored. Why not give them something new to play with?” Hellige said.

RIP classified encounters into two basic categories: ‘residual’ and ‘intelligent.’ The former is when a spirit repeats the motions of their life, or their death, stuck in a loop until they can pass on. For intelligent hauntings, the entity can interact with the world around them with either positive, passive and malicious intent.

“Spirits go through a transition phase,” Reuss said. “They don't know they're dead. Often times it was the way they died, or if they weren't ready to die.”

The team has had numerous close encounters. They've had objects thrown at them, they've been scratched, shoved and pushed, and have seen entities with their own eyes. Reuss has even channeled spirits a few times; once, a fellow investigator “ran up the stairs and said, ‘Please don't ever do that again because your whole face changed,’” she said.

The organization has chapters in five other states and a sixth chapter in Arizona coming soon. Around a dozen people serve the Iowa chapter. As part of the Warren Legacy Foundation, a paranormal

research group maintained by the grandson of famed investigators Ed and Lorraine Warren, they collaborate with similar groups from across the globe.

When dealing with the deceased, RIP practices safety and respect above all else. They don't dabble in conjuring (and in fact strongly discourage it). They never hunt alone. Most importantly, they try to treat the spirits with as much reverence as they can to help them reach the other side.

“When you're alive or if you're dead, you've got free will. That's something we were all given,” Reuss said. “And they can choose to go to that light, or they can choose not to. If they don't think they're worthy enough, oftentimes they won't go.”



CHRISTOPHER BORRO/THE NEWS

Left to right, junior paranormal researchers Carson Netser, Tristen Wendling and Mason Westerhoff.

N

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## Brian Waddell

## Benefit

**Saturday, Nov. 7 • 5 p.m.**

**The Wheel in Washington**

We will be having silent auction items, raffle, entertainment and \$5 photos of friends. So bring those wallets! All proceeds will go towards medical expenses and Brian's children. This benefit is for a great cause so we hope to see you all there!

*Brian Waddell, a loving father, a loyal brother, a caring son, and a very, very special person to many people, has been fighting for his life and is now in critical condition. On Monday, August 24, he lost control of his motorcycle and was hurt very badly. Any support is appreciated.*

For questions contact:  
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## The News' publisher urges you to vote in this election

Saturday night, Oct. 31, the cities of Kalona, Wellman and Riverside are encouraging youngsters to Trick or Treat responsibly between the hours of 5:30 to 7:30 p.m. Children are encouraged to social distance and wear masks. They should allow other children to leave a home before approaching.

Residents of all three towns are asked to turn on their porch or front door lights if they have candy or other safe treats for the children wishing to Trick or Treat. The treats should be safely prepackaged.

Th Kalona Optimists, out of concerns for the coronavirus or COVID-19, have decided NOT to have a Halloween party and costume contest this year. Plans are underway for the party at the Kalona YMCA in 2021.

Instead the Kalona Optimists have sponsored a coloring contest among the Mid-Prairie elementary students. Those posters are now being judged and the winners will be announced in The News in two weeks. Prizes for the students will be given to the Elementary principals for distribution. Winning posters will be printed for each grade level.

Everyone who is eligible to vote is encouraged to do so on Tuesday, Nov. 3. No matter who you support, we encourage you to vote. There is a clear choice and the future of our country is now up to the voters casting their ballot. Please make sure you take the time to exercise your right to vote.

Each year the negative advertising is getting worse. I have just about worn out the mute button every time a commercial for a political candidate comes on. We used to enjoy watching the nightly news, but there is little news and no real need to turn the television on. Or we watch shows without commercials. I don't know why the politicians spend so much money on television advertising, as most people ignore and dislike all the negative ads.

First, politicians should only be allowed to advertise their qualifications and intentions when they get in office instead to blast negative ads about their opponents. Second, there needs to be some limit on the amount of advertising, especially by out-of-state political groups, and funds that can be spent on advertising. Just think about how much so-



Ron Slechts  
Blindside

cial good could be done to feed and clothe the down and out if those billions of dollars were donated to help people instead of trashing the other candidate. It is a big waste of money. Especially since the politicians can't agree on positive legislation to help this country.

Next week The News will publish its annual edition with photos of area veterans. We want to thank the families who submitted photos of the veterans as well as all the area businesses and organizations who are sponsoring this popular special section.

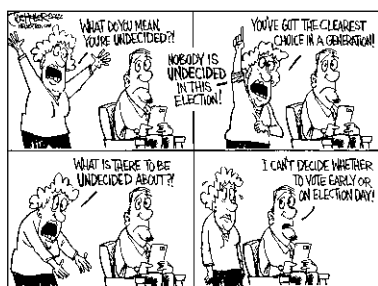
We and our sponsoring advertisers very much appreciate the dedicated service of these and all other veterans to help protect and preserve our nation.

The staff of The News has been working hard to provide our communities with the news of Kalona, Wellman, Riverside and Lone Tree. We have been covering schools, city councils and sports as well as other news and features that we can find.

We would appreciate it if you would continue to inform us about special events and other special news concerning you. Please help keep us informed with news and photo tips.

Our congratulations to the Mid-Prairie High School Girls Cross Country team for winning the conference and district championships. They qualified all seven runners to the state meet. The Mid-Prairie Boys Cross Country team placed second and also qualified seven runners to run in the state run. We wish all fourteen runners who qualified for the state meet in Fort Dodge on Saturday, Oct. 31.

The news will be publishing a special recognition edition for the cross country teams and those who worked so hard to produce the Mid-Prairie High School Drama Department fall play on Nov. 11. Those wishing to congratulate dedicated athletes and accomplished drama students, please contact The News.



SUBMIT A LETTER TO THE EDITOR:  
**NEWS@THENEWS-IA.COM**



### We want to hear from you!

The News encourages its readers to submit photos, news items and letters to the editor for possible publication in our newspaper.

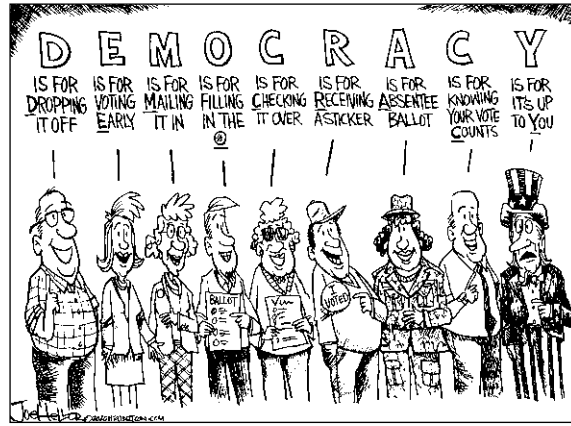
We reserve the right to edit.

News items - Please include all pertinent data - names, city of residence, dates, etc., and a description of the event. Photos may be picked up at The News office unless you include a stamped, self-addressed envelope for their return.

Letters to the editor - Your name and city or community will be published with your letter to the editor. For verification purposes, please include your address and phone number. Letters to the editor will be accepted via email subject to verification.



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## Lone Tree Schools promote positivity

Social media. Those two words either make people grime or smile. Social media is a double-edged sword that is deeply embedded in society today. While many people do not know how every social media application works, most people know social media has many ways to interact with people.

The negative side of social media is having a "troll" see something on Twitter or Facebook and they respond in a harassing or negative way to upset or put down another person. They are usually anonymous, or the account is not connected to the person who it says it represents. This form of social media is very hurtful and frustrating for users that want to enjoy their experience online rather than be attacked by a person looking to only be



Ken Crawford  
Superintendent,  
Lone Tree CSD &  
Highland CSD

hurtful.

Lone Tree Schools has a Twitter and a Facebook account on their website. We use these two social media accounts to promote all the great things happening in our district. The website is designed to help people find out about our school and various links to events, forms, or information about our school.

These are great resources for everyone to follow and watch all the great things Lone Tree students and staff are do-

ing in the district. We post information on our food pantry, students doing activities for FFA, Youth Leadership, classroom activities, announcements, student of the month winners, and much more.

The positive side of social media is where you can keep in touch with what is happening within our school district and all the activities our students do each day and month. The more you watch, the more you are impressed with Lone Tree students.

Please go ahead and follow us on Facebook and Twitter. I think you will be impressed at how much activity is going on and how impressive our students are. Social media used in this way is a great way to connect with us and enjoy the online experience!

## Local Option Sales Tax would disproportionately affect the poor, children

The topic of a Local Option Sales Tax has come up yet again. I remain opposed to increasing the sales tax. Sales taxes are better for the rich, and worse for the poor. This is because sales taxes are more regressive than property taxes.

What is regressive? That means that the poor pay a higher percentage of their income in taxes than do the wealthy. Sales taxes are the most regressive taxes. Income taxes are the most progressive taxes. A person with an income of \$90,000 paid 3.2% of her income in taxes. A person earning \$19,500 paid 11.1% of her income in taxes. Relative to income, the poor pay more than twice what the middle class pay, and nearly five times the amount the wealthy pay. Even with exemptions, sales taxes hit the poor hardest.

So, who are the poor? Most of the people living in poverty in Iowa and elsewhere are children. There are more poor women than poor men. 15% (105,000) of the children in Iowa live in poverty. Even more (42%) live in low-income families. Taken together, over half our children are poor. Sales taxes hurt them the most.

So, who benefits? The biggest property tax payers in Johnson County will benefit the most. That includes: Coral Ridge Mall, Mid American, Hawk Landlord LLC, ACT, Green State Credit Union, and the Graduate Hotel. They benefit the most. Is that really what



Rod Sullivan  
Sullivan's Salvos

we want to do? Cut taxes on those businesses, and shift the cost to poor kids?

People like to talk about all the big things we could do with a sales tax. But we could do them right now with an increase in the property tax. That is correct. We can do it all with property taxes. Iowa City ranks #10 in property tax rate among Iowa's cities at \$40.77. That is lower than Des Moines, West Des Moines, Cedar Rapids, Davenport, and many other cities. Iowa City could do the things they want to do by simply raising property taxes.

Coralville ranks #145 in property tax rate at \$39.33. Coralville could do the things they want to do by simply raising property taxes. North Liberty ranks #312 in property tax rate at \$36.05. That rate has not been increased even a penny in a decade. North Liberty could do the things they want to do by simply raising property taxes.

This is just a matter of political will. Elected officials are afraid to ask the people with the actual money to pay more. So, they squeeze the poor, who by and large don't show up at council meetings. If the project

is so important, just do it with property tax dollars.

Another problem with the sales tax is that services used solely by wealthy people tend not to be taxed. The services of accountants, attorneys, and stockbrokers are not subject to sales taxes. These are many other services (advertising, consulting, etc.) used primarily by the wealthy and by corporations go untaxed.

Sales tax proponents frequently use the argument, "Sales taxes are better than property taxes." First off, this is demonstrably untrue. But even if it was true, this argument is akin to saying, "Drinking is better than smoking, so we need more drinking." Neither tax option is good for the poor. But sales taxes are worse.

Some folks are under the impression that renters do not pay property taxes. While it is true that they do not pay them directly, renters are definitely covering the landlord's property taxes!

I cannot, in good conscience, support a shift of the tax burden to people who have less money. What's more, I have trouble saying that a person earning \$25,000 should pay more tax just because she lives in Williamsburg, Riverside, West Branch, etc. Especially when the local wealthy would be let off the hook at her expense. It is critically important that we think of our middle and low-income neighbors who commute to this county.

## The News

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## OBITUARIES

**Roberta M. Brandsma**  
1935-2020

Roberta M. Brandsma, 85, died Monday, Oct. 19, 2020, at University of Iowa Hospitals & Clinics in Iowa City, Iowa.

Roberta chose to be cremated. Private services will be held in Iowa City, with burial next spring in the Pleasant Hill Cemetery in Alcester, S. D. Instead of flowers and plants, the family kindly requests that memorial donations be directed to her granddaughter's orphanage, Foundation Enfant Jesus at <https://fe-usa.networkforgood.com>. Lending Funeral & Cremation Service in Iowa City is handling arrangements.

Born Jan. 8, 1935, in Filippin, Ark., the daughter of Robert and Cleo (Bird) Walsh, Roberta grew up in Arkansas until age 11. At that time, her family moved to Centerville, S. D.

After graduation from Centerville High School, Roberta

attended South Dakota Teacher's College in Springfield, S. D. She began her teaching career in a country school, and

then teaching third grade in Canton, S. D., where she met her future husband, Loren Brandsma.

Roberta and Loren were united in marriage on Aug. 4, 1958. They lived most of their married life in Iowa. Roberta completed her Bachelor of Science at Iowa State University and her Master's degree at University of Nebraska at Omaha. Roberta loved teaching and continued to substitute well into her 70's.

Roberta and Loren retired in Sioux Falls, S. D., where they enjoyed reconnecting with family. In 2010, they relocated to Kalona, Iowa, to be near their new granddaughter, Claudia.

Roberta loved being a grandma, and she and Claudia spent many hours together. Their favorite pastime was reading, and they read many books together, including the Laura Ingalls Wilder series.

Roberta is survived by her husband: Loren; and a daughter: Lori Minor, her husband, Bill, and their daughter Claudia, all of Iowa City.

She was preceded in death by her parents, stillborn infant twin boys, and three sisters: Alice, Evelyn and Irene.

Thoughts can be shared with the family at [www.lendingfuneral.com](http://www.lendingfuneral.com)

**Edward L. Zahradnek**  
1953-2020

Edward L. Zahradnek, 67, of Kalona, died Wednesday, Oct. 21, 2020, at the Washington County Hospital. A public visitation was held Sunday, Oct. 25, 2020, at the Peterseim Funeral Home in Kalona. Following visitation, Ed will be cremated and a celebration of life will be held at a later date. A memorial fund has been established for the Kalona Volunteer Fire Department, Kalona 1st Responders or donor's choice.

Edward Lynn Zahradnek was born May 16, 1953, in Iowa City, the son of Lyle "Hoot" and Phyllis (Spencer) Zahradnek. He graduated from Mid-Prairie High School in 1971 and was united in marriage to Ann Yotky on Jan. 8, 1972. The couple later divorced. On June 28, 1997, he married Serena (Bender) Kaufman. Ed worked as a diesel mechanic for Johnson County Secondary Roads, Yoder Feeds, Kaufman Industries, and most recently at Yotky's Inc. Golf Cart Sales and Service.

Ed was a member of the Sons of An Vets Squad #107 Richmond, Iowa, and enjoyed fishing, hunting, gardening,

cheering for the Cubs, and watching John Wayne movies.

Survivors include his wife: Serena of Kalona;

three children: Jerry (Traci) Zahradnek, Jake (Jenny Sexton) and children: Gabe, Garrett and Bella) Zahradnek and Jessie Zahradnek, all of Kalona, three grandchildren: Maddi (Justin Harland), Shelby and Jack Zahradnek; his mother: Phyllis of Kalona; three step children: Gary (Pam) Kaufman of Hiawatha, Jeff (Melissa) Kaufman of Kalona, Angie (Casey) Truitt of Wellman; nine stepgrandchildren: Zach, Jake and Sarah Kaufman, Alex Whitehall, Andrew and Ariel Kaufman and Jarrett, Kaylee and Logan Truitt; and two nephews: Clint Zahradnek of San Antonio, Texas and Jordan (Jessica) Yotky of Kalona.

Preceding Ed in death was his father, infant sister, and one brother: David Zahradnek.

**Nancy Lou Busby**  
1951-2020

Nancy Lou Busby was born May 2, 1951, in Fremont, Mich., the daughter of Marlen and Bertha (Wooden) Palmer. Nancy was united in marriage to Richard L. Busby, May 22, 2002, at Saddle, Ark. The couple moved to Minnesota in 2005 and then moved to Kalona in June of 2011. Nancy worked as a CNA for a number of years. She passed away on Saturday, Oct. 24, 2020, at the Washington County Hospital and Clinics in Washington at the age of 69.

She was preceded by her

husband,

Richard. Celebration of life service was held Tuesday, Oct. 27, 2020, at the Yoder-Powell Funeral Home in Kalona. Burial was at the Sharon Hill Cemetery in Kalona.

Message and Tribute may be left at [www.powellfuneralhomes.com](http://www.powellfuneralhomes.com).

**Danny Darwin Curtis, Lt. Col. Ret.**  
1941-2020

Danny D. Curtis of Hills, Iowa, 79, passed away peacefully on Saturday, Oct. 24, 2020, after a brief illness. Funeral services were held Wednesday, Oct. 28, 2020, at the Lone Tree American Legion. Burial was in the Lone Tree Cemetery with military rites provided by the Lone Tree American Legion Post 457.

In lieu of flowers, the family asks that donations be made to the Lone Tree American Legion or the Wounded Warriors Family Support in Danny's honor.

Online condolences for the family may be sent to [www.sandfuneralservice.com](http://www.sandfuneralservice.com). The Snyder and Hollenbaugh Funeral and Cremation Services is caring for Danny's family and arrangements.

Danny was born July 16, 1941, in Lone Tree, to Lloyd and Ester (Bulline) Curtis. Danny married the love of his life, Judy Slaughter Curtis, in

1963, and they had one son, Clayton John Curtis.

Danny earned his degree in agriculture from Iowa State University and graduated as the Distinguished Military Graduate of the ROTC program. He also earned a Master's Degree from Babson University.

Although Danny was born in Lone Tree, he lived in several locations including South Bend, Ind., and St. Louis, Mo. "Celebrate the past; live with purpose today," - that was Danny's philosophy, and he lived it daily. Danny joined the U.S. Army in 1964, served one tour in Korea and two tours in Vietnam. He led teams to build Blackhawk helicopters, taught military science at

the University of Notre Dame, and had numerous other assignments throughout his service. Danny was very proud of his military career and was a highly respected and decorated officer. He received numerous commendations including one Legion of Merit, two Distinguished Flying Cross and three Bronze Stars.

Danny is survived by his son: Clayton (Laura) Curtis of Chicago, Ill.; and two grandchildren: Annmarie and Evelyn.

He was preceded in death by his wife: Judy Slaughter Curtis; his mother: Ester Bulline Curtis; father: Lloyd Curtis; and a sister: Nina Jean Curtis. The Curtis family would especially like to thank the Schott family for their ongoing support and making it possible for him to get back to his love of farming.

**Leta M. Schneider**  
1924-2020

Leta M. Schneider, 96, of Kalona, died Sunday, Oct. 25, 2020, at Pleasantview Home in Kalona. A graveside service will be held Friday, Oct. 30, 2020, at 10:30 a.m., at the Sharon Hill Cemetery in Kalona, with Pastor Josh Lundberg officiating. The service will be available via livestream at the Beatty Petersen Facebook Page. A memorial fund has been established for the Kalona Mennonite Church and the Pleasantview Home Building Fund.

Leta Mae (Brenneman) Schneider was born March 24, 1924, in Iowa County, the daughter of Eril and Martha (Marner) Brenneman. She attended White Hall rural school.

Leta worked as a nursing assistant for 40 years, starting at Mercy Hospital and then at the University of Iowa Hospital. On Jan. 10, 1974, she was united in marriage to Forrest Schneider in Iowa City. Leta

was a member of the Kalona Mennonite Church, Kalona Lioness, Pleasantview Home Care Re-

view Board and volunteered at Pleasantview for many years. Leta enjoyed flowers, crossword puzzles, and playing

cards with her friends. Survivors include one sister: Lucine Morrison of West Liberty; a brother-in-law: John Snyder of Kalona; and many nieces and nephews.

Preceding Leta in death were her parents; her husband: Forrest in 1994; four brothers: Glenn, Meslie, Doyle and Martin Brenneman; and four sisters: Ollie Hershberger, Wilma Yoder, Iona Swartzendruber and Arlene Snyder.



**Evelyn Hemsted**  
will be  
80 years young  
on Nov. 7!

Our family's request is to send her a card with birthday wishes and perhaps write her a memory.

Please send to:  
4808 South St., SE  
Lone Tree, IA 52753

So proud of our Mom!  
We love you dearly.  
- David, Karen & family -

**Mary Rogers will celebrate her 85th birthday on Sat., Nov. 7!**

Mary has 6 nieces and a nephew: Patricia (Randy) Troyer of Kalona, Michael (Kathy) Rice of Mt. Vernon, Sandy (Barry) Schloss of Tabors, SD, Jane (Larry) Crochet of Santa Fe, Texas, Mary (Kevin) Krige of Grinnell, Barbara (Bob) Wishtoff of Michigan City, Ind., and Joan (Doug) Williams of Danville. She has 19 great-nieces and nephews and 5 great great-nieces and nephews.

Due to COVID-19 pandemic and the concerns for family and friend's health and safety, the family is unable to host a celebration. The family is asking friends to help celebrate this day by showering her with cards.



Cards can be sent to:  
Pleasantview Home  
811 3rd St., Kalona

**DAYLIGHT SAVINGS ENDS****Turn your clocks back Nov. 1**

Daylight Saving Time ends on Sunday, Nov. 1 at 2 a.m., therefore "adding" an hour to night.

Before going to bed on Saturday night, be sure to turn your clocks back an hour to ensure you wake up at the proper time on Sunday morning (or, if you sleep in on Sundays, to ensure you're not confused about the time when you wake up).

Most cell phone clocks will adjust themselves, but if you find that your phone does not automatically update, you can change the time in your settings menu to reflect the correct hour.



**HAPPY 86th BIRTHDAY, ANNETTE SHALLA! OCTOBER 29**

WE LOVE YOU!  
YOUR KIDS, GRANDKIDS,  
AND GREAT GRANDS!

**Thank You**

for the cards, flowers, food, & donations.

Your kindness and sympathy will always be remembered.

Chase Millice,  
Jim & Cozy Millice, & Andy Millice

**Farewell**

Join us!  
**Farewell Party**

**Friday, Oct. 30  
10 a.m. - 3 p.m.**

Refreshments will be served.

It has been an honor to have Alvin Kramer here at Kalona Auto Service the past 29 years. Alvin will be missed here at work and in the community.

We all wish you God's blessings in your move to Houston, Texas!

**Enjoy "Worry-Free" Retirement Living**

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- shopping trips
- bus tours
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## Wash Co. 4-H hosts awards

The Washington County 4-H & Youth Committee were forced to modify the annual 4-H Awards Celebration due to COVID and then modify again due to weather challenges on Oct. 25 but did manage to host a condensed version face-to-face for adult awards and top intermediate/senior special awards. They will work with County Council to bring other adults to the 4-H club setting to celebrate all the good work of 4-Hers in the 2019-2020 season.

Bev and Mike Black were awarded the Volunteer of the Year Award for their dedicated office work support provided to the Extension staff on a weekly basis.

KCTC was awarded the Friend of 4-H Award for their unique and powerful livestream work to bring the 2020 exhibitor-only county fair livestock shows to viewers.

The Partner in 4-H Award went to KDK Sales, Greg & Heather Koch, for their 2020 County Fair support to bring an online livestock option to exhibitors and buyers. 4-H Alumni of the Year award was given to Pat Schneider who has just retired after 10 years as beef superintendent.

The 4-H Family of the Year was presented to the David and Kris Moeller with their service for 20 years to the rabbit program.

4-H club leaders were recognized for years of service who were celebrating five-year anniversaries. Suzanne Black, Megan Eaton, Miranda Malichy, Jessica Read, Matt Stalder and Karen Trotman celebrated five years. Jeanna Gerot, Angela Hazelette and Julie Stout celebrated 10 years. Jean Lenz, 15 years; Pam Davis, 20 years; and Ann Lampe, 25 years.



SUBMITTED

Washington County Special Awards were announced during the 4-H Awards Celebration Oct. 25. Senior 4-H'ers had the opportunity to apply and interview for these prestigious awards. Left to right: Roy Carter, Senior Achievement; Wyatt Stout, Senior Achievement; Taylor Brinning, Senior Leadership; Carmen Sieren, Livestock Leadership Award; Isaac Black, Livestock Leadership Award; Noah Kleese, Senior Leadership.



SUBMITTED

Community Service is a critical and valuable component to 4-H. Almost 100% of Washington County 4-H clubs complete a club community service project throughout the year in a variety of ways ranging from highway clean-up to packaging meals to raking leaves for elderly to sponsoring needy families for the holidays. A competitive Club Community Service Award is offered through an application process. The Prairie Pride 4-H Club received the Community Service Award for the 60 Blessing Bags they packaged for nursing home and also children in need. These bags include comfort items like chap stick, hand lotion, fuzzy socks, comfy blanket and more. Members were present to receive the \$50 award that goes towards their next community service project. Left to right: Leaders April Cuddeback and Selena Levetzow with members Eden Levetzow, Sydney Cuddeback, Halle Cuddeback, presented by Taylor Brinning.



SUBMITTED

Washington County Special Awards were announced during the 4-H Awards Celebration Oct. 25. Three additional awards were added for the 2020 4-H year to recognize this age group of the Washington County 4-H program. Intermediate 4-H'ers had the opportunity to apply and interview for these prestigious awards. Left to right: Peighton Ford, daughter of Dustin and Barbie Ford and member of the Limecreek Livewires received Intermediate Citizenship Award and Intermediate Achievement Award; Katie Leichty, daughter of Loran and Chris Leichty and member of the Crooked Creek 4-H Club, earned Intermediate Spirit Award and Intermediate Leadership Award; Zoey Denner daughter of Darren and Karen Denner received Intermediate Achievement Award.



SUBMITTED

Veteran 4-H Club leaders were recognized at the Oct. 25 4-H Awards Celebration. Left to right: Jean Lenz for 15 years of Riverside Enterprises, Julie Stout for 10 years of Jackson Jets, Pam Davis for 20 years of Crooked Creek, Ann Lampe for 25 years of Riverside Enterprises.

## Washington Supervisors officially accept ambulance donation from Riverside

BY MARY ZIELINSKI

Correspondent

Thanks to an outright gift from the City of Riverside, the county gained another ambulance that will provide its Ambulance Services Department with a needed backup emergency unit. In an unanimous vote on Oct. 27, the supervisors accepted the "free and clear" vehicle.

Riverside now contracts with the county for ambulance/transport services and the unit will no longer be needed or used by the city.

The board noted that the county will do some \$7,500 worth of preventive maintenance on the unit with both Chairman Jack Seward, Jr. and supervisor Richard Young, who met with Riverside officials "to work out all the details," nothing that the maintenance is much less than the purchase of even a used unit.

Young said he believes that the ambulance was purchased new by the city in 2002 or 2003, is in very every good shape, and will be used "wherever it is needed."

Having it as an immediate backup unit eliminates the need for the county to rent an ambulance for extreme emergencies as it has had to do in the past. It will be housed at the District 2 base on 133rd St., Kalona, meeting the requested housing be in "close proximity to Riverside" as asked by the city.

In other business, the board accepted the quarterly report from the sheriff's department showing total receipts of \$64,469.20 with disbursements of \$64,483.60 and an on-hand balance of \$2,114.53. It was noted that US Bank was added as a department depository. Receipts include \$7,765 in gun permits, \$16,687 in service fees, and \$6,810 in work release;

•deferred the Washington County Recycling update to the November 2 meeting;

•deferred the CARES budget amendment request from Washington County Public Health to the next meeting;

•approved moving the next meeting to November 2 at 9:00 a.m. in the courthouse to accommodate use of the supervisors office as the polling place for Washington City's Ward 4 and District 4 (for county offices) in the November 3 General Election;

•approved the Class C liquor license for the Riverside VFW Post 5414; and

•received the weekly COVID-19 update that currently shows a 25% rate of COVID cases in the county. There have been increases in COVID-positive cases in most Iowa counties. However, county deaths have remained at 11 since early June.

## Secretary of State enlists Iowa cybersecurity company for election safety

Iowa Secretary of State Paul Pate is partnering with Pratum, a cybersecurity firm based in Ankeny, to protect election cybersecurity in all 99 counties via initiative aimed at securing the vote and preparing election officials.

County auditors, emergency managers, IT directors, vendor partners and other stakeholders worked with Pratum during workshops in July that were organized by Pate. The cybersecurity company helped these groups develop an incident response plan every county could utilize for a variety of scenarios.

"As election officials, we prepare for the worst, but hope for the best," Secretary Pate said in a press release. "Whether it's a cyber event, civil unrest, equipment failure, or a natural disaster, we have a plan and we are prepared to handle it."

Pratum also worked with the state to boost Iowa's cyber maturity by helping Secretary Pate's office develop measures such as penetration testing, e-mail scam training, and tracking daily network activity.

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## WASHINGTON COUNTY DISPATCH

October 19

Vehicle stop at E Ave. and Fourth St., Kalona. Arrested Lucas Anthony Ray, 27, of Kalona, for driving while license is barred.

Caller in the lobby of the sheriff's office wanting to report vandalism at a property in Kalona. Damages to window screens. Documentation and extra patrol.

Deputy reports a vehicle stop in the 900 block of Sixth Street, Wellman. Sonja Nicole Adams, 40, Wellman, cited into court for driving under suspension X2 and failure to secure a child under the age of 1 year. Vehicle will remain at the site of stop for a valid drive to retrieve.

Caller reported a dog running loose in the area of Sixth and C Avenue, Kalona. Officer stopped to speak with a female subject that said the dog had bitten her cat. Officer saw the dog but was unable to catch it.

Caller in the 1600 block of Sixth Ave., N. Wellman, requests a welfare check for the neighbors who they have not seen in a while. Officer responded and made contact with the homeowners who advised everything was okay.

Officer reports being out with a subject who was involved in a traffic accident at Riverside Road and 32nd Avenue. Driver fell asleep at the wheel and their mirror was ripped off. Documentation.

Caller in Kalona requests a welfare check on her son. He did not show up at school. Responded and located the subject. Everything was fine.

Officer reports receiving information of vandalism of glass door on Oct. 17 in the 700 block of F Avenue, Kalona. Caller in the 700 block of 12th

Street, Kalona, locates a loose dog. They contacted Paws and More. Dog can be released to owner. No citations. Dog is up to date on its shots.

Johnson County asks Washington County deputy to assist a motorist with a child running through a ditch in the county who refused to get back in the vehicle. Officer responded and located the juvenile and transported to the University of Iowa Hospital.

Caller reports one of their drivers called in regarding cows out in the 1500 block of Orange Avenue, Kalona. Officer responded and made contact with the owner who said take care of the cows. Traffic stop at 1000 Vine Avenue, Riverside. Cited Timothy Craig Maurer, 53, of West Liberty, for driving while license suspended X4.

October 21  
Caller reports a subject is intoxicated in the 3100 block of Highway 22, Riverside, and will not leave. Officers responded. Cited into court Thomas Daniel Grochala, 21, of Minnesota for public intoxication.

Caller reports a business door open in the 200 block of Seventh Avenue, Wellman. Advised the owner of the problem.

October 22  
Caller reports he was involved in an accident on the Johnson Washington Road. His van versus a farm tractor. Road is blocked. No injuries. Request a deputy. Kalona QRS requested to check one of the drivers. No transport. Daniel Colbentz of Kalona versus David Hochstetler of Kalona. Colbentz was cited for failure to yield half of roadway. State accident report filed.

Caller in the 2000 block of 140th Street, Kalona, reports a cat was attacked by an unknown source sometime

in the last week. Owner's children have played with the cat. State Hygienic lab deemed this human exposure. Cat will be euthanized and sent to the state lab.

Caller in Riverside requests a welfare check for a subject who has not been heard from in a while. Officer spoke with the subject who advised he was okay. Riverside QRS was disregarded.

Caller in the 4800 block of Orval Yoder Turnpike SW, reports a house fire with smoke. Kalona Fire, Wellman Fire and Riverside Fire all responded and assisted.

Caller in the 700 block of A Avenue, Kalona, reports he is being harassed. Officer responded and spoke to the caller. Problem is an ongoing civil issue.

October 23  
Officer reports being out with a subject wanted out of Jefferson County. Arrested Justin Douglas Swanson, 22, of Kalona, for violation of probation for failure to appear for probation revocation hearing on original charge operating while intoxicated first offense. Transported the subject to the county line and was released to Jefferson County.

Caller in the 700 block of Sixth Street, Wellman, reports a subject has stolen their alternator and had a warrant that was unrelated to his incident. The theft occurred in Scott County. Officer responded and came upon a subject who was wanted on a warrant from Polk County. Arrested Tharion Robert Hohen-shell, 21, of Des Moines for his warrant out of Polk County for probation violation on theft 2nd. Transported the subject to the county jail. Officer then came upon the other subject and arrested Christopher Francis Edert, 35, of Davenport for his warrant out of Scott County for theft 2nd.

Caller reports an altercation between a male and female at the campground in the 2100 block of 140th

Street, Kalona. Officers responded. Verbal only. Subjects agreed to separate for the evening. Female left the campground.

October 24  
Caller reports a smoke/fire alarm in the south hall in the 500 block of 13th Street, Wellman. Wellman Fire responded. False alarm.

Caller in the 3000 block of Highway 22, Riverside, report of front door front window glass break. Officers responded. Spoke with the manager of the business. No damage done. False alarm.

Caller reports hunters very close to the city limits and the highway in Riverside. Officer responded. Subjects were beyond the 200-meter limit.

Caller in Wellman requests a welfare check on a subject. Officer responded and was unable to locate the subject.

Caller in the 1000 block of 120th Street, Wellman, reports smoke rolling out of the air vents of a storage building and there is a dog inside. Wellman Fire, Wellman QRS, Rescue 92B, Keota Fire, North Keokuk Fire, ambulance and officers responded. The fire was extinguished.

Caller in the 900 block of Fifth Avenue, Wellman, reports a witness a male subject got out of a small vehicle with dark tinted windows and steel elections signs from the yard of a nearby residence. Car left towards the trailer park and checked the area.

October 25  
Caller in the 600 block of Seventh Avenue, Wellman, reports a violation of a no contact order. Subject called him yesterday. Report to be filed.

Caller in the 800 block of Fifth Street, Kalona, reported to an officer, a subject has gun belonging to them. Regarding increasing disruptive behavior of her adult son. Officer spoke with the subject at the residence.

Caller in the 200 block of A Avenue, Kalona, reports that somebody is hacking their phone because it keeps turning off. Officer responded. Unfounded.

Caller in the 3000 block of Highway 22, Riverside, reports a shoplifter who has already left the store. Officer responded. Unable to identify the subject or the vehicle they left in. Documentation.

Caller in the 1100 block of E Place, Kalona, reports a verbal argument with 19-year-old son who is refusing to leave. Officers responded. The son left for the night to stay with another relative. No issue and was only verbal.

Caller reports being assaulted at the casino around 1600 hours after the officer spoke with the caller. Documentation at this time. Officer will gather statements and information from the caller.

October 26  
Johnson County requests Kalona QRS, Fire and an ambulance for a traffic accident with possible injuries at 5250 Highway 1 SW.

Caller reports vehicle struck a bridge in the 1200 block of Vine Avenue, Riverside. Operator was fine. Vehicle has a flat tire and was pushed off the shoulder. Contact was made with the registered owner and they will make arrangements to have the vehicle moved. No citations.

Vehicle stop at Highway 22 and Enterprise Drive, Riverside. Arrested Conny Ann Stucker, 36, Riverside, for operating vehicle while intoxicated 3rd, possession of controlled substance - meth 3rd, driving while barred, failure to maintain lane and speed 41 in a 35.

Caller in the 1000 block of E Place, Kalona, requests to speak with a deputy regarding increasing disruptive behavior of her adult son. Officer spoke with the caller and gave her options.



SUBMITTED

Sally Whetstone, Jody Helfner, Mary Redlinger, Anita Randol, Marilyn Powell, Eleanor Yoder and Pam Nelson celebrated the 85th anniversary of the Wellman Garden Club on Oct. 15.

## Wellman Garden Club celebrates 85 years

Seven Wellman Garden Club members celebrated our 85th birthday by sharing memories and mementos from the past in the Asbury UMC Fellowship Hall on the afternoon of Oct. 15.

Sally Whetstone opened the meeting by reading a poem from the 1955 Garden Club program booklet. Favorite Garden Club memories were shared in response to roll call. Several members appreciated the many gardening tips and assorted information from guest speakers. Another remembered joining the club for a trip to Pella to see the tulips. A couple people recalled being invited to join and then being drafted as officers right away.

Some regretted the programs they had missed. We all have fond memories of time spent in conversation and sharing with friends. A number of ladies commented on

memories from our February "Antique Road Shows," started by Eleanor Yoder during her presidency.

Eleanor, one of our oldest members, recalled hearing her aunt and uncle talk about Garden Club activities, like the flower arrangement shows in Wellman's high school gym in the early years. In 1935 our flower shows had more than 300 entries and 500 visitors. By 1950, there were many different categories of flower arrangement entries, and some entrants came from out of state, and even Canada. The last flower show was in 1968.

After the shows, tours became popular. Bus trips were made around Iowa and to Illinois, to see various points of interest.

Eleanor loved getting to know different people after she joined the club. She told of one occasion when she met

a person who had a Sears and Roebuck house near here. Yes, you could order a house from Sears and Roebuck. All materials would come in on the train, be transported to the site, and assembled.

Eleanor said the club used to meet in members' homes, then the basement of what is now the city building, later the old senior center, and finally the Goodwin Senior Center.

After a short business meeting, we took time to look at old minutes, booklets, pictures, membership lists and assorted garden club mementos. Finally, we enjoyed birthday cake, nuts and candies, mulled cider and coffee.

Our next meeting will be at Asbury on Thursday, Nov. 19, at 2 p.m. We will have a speaker from the Domestic Violence Intervention Program.

## Pleasantview presents country fair week



SUBMITTED

Virginia Allensworth was crowned the fair queen.

The week of Oct. 19 was Country Fair week at Pleasantview, giving residents of the home an opportunity to enjoy fair activities that they might have missed due to pandemic closures and restrictions.

The home kicked off the event on Monday Oct. 19 with special bingo with candy corn

and peanut mix prizes. Despite the surprise snow, staff and residents enjoyed snow cones.

Virginia Allensworth was crowned the fair queen. Grand Ole Opry comedian Minnie Pearl, portrayed by Pat Burrows, endowed Allensworth with a red sash and red tiara.

The residents were treated

to funnel cakes on Tuesday, Oct. 20 and ice cream with caramel sauce and candy corn on Wednesday, Oct. 21. The resident dinner that night featured roast beef, just like the Iowa State Fair and staff were treated to personal pizzas from Stone Wall Pizza.

On Tuesday, Oct. 22 Billie the rabbit visited the residents, hopping around in a playpen in the lobby.

On Friday, Oct. 23 residents were treated to something really sweet: real cotton candy. Contest winners were: Marilyn Woltman, bean bag toss; Edwin Hostetler, airplane toss; Barb Schlabach, ring toss; Dave Schlaubach, find the ball; Lorette Svoboda, water coin drop; Leo Schrock, cow chip throwing; Clayton White, tallest corn (9'4"); Michelle Danker, photo contest; Edwin Hostetler, candy corn jar guess; and Barb Schlabach, pumpkin weight guess (the pumpkin weighed 503 pounds).

Pleasantview wants to thank their generous donors, Andy and Jane Swartzendruber and family for providing snacks and Darlene Logan and family for treating staff to pizza.

## Frankenstein is in the attic

Jana Miller  
Mommy Diaries

We recently purchased a house that my daughter, Whitney, and I are planning to either sell or rent out after doing some renovation. When we bought the place the large double-bay garage was full of trash and junk.

The owners, who lived out of state, did not want to make the trip back to clean it out so they took money off the asking price to make it worth our while to do the job ourselves. We estimated the pile might take a couple of pickup loads to dispose of completely.

In the meantime, we began some demo work, and the pile in the garage grew. By this time, it was determined we were going to need some extra help with the electrical and carpentry and hired some local contractors. During their inspections it was discovered there was an access to the attic above the garage. With all the hanging heaters and hooks from the garage ceiling we had missed the pull-down stairs leading to the attic. We could not find a light switch so used our phone flash lights to see into the darkness of the sloped roof room.

Imagine our combination of dismay and cautious delight when we discovered it to be packed full of more stuff. Dismissed because it was another whole room to clean out but delight because we might find a rare early edition comic book or a pack of baseball cards that would turn out to be worth a fortune. The possibility of treasure found amongst the junk.

Since it was the hottest part of the summer and about 120 degrees up there, we waited another couple of weeks until the weather had cooled, and then began the cleaning process. We found a pull string hanging from an empty light socket, and after screwing in a 100-watt lightbulb we were able to shed some light on the mess.

Neither Whitney nor I could stand upright in the space, and we are not tall by any means, so it was slow going. We either

had to walk around stooped over or crawl. We would drag the boxes and items over to the stairs and then drop them down to the garage floor.

Most of it was simply junk, hoarder style. The few items of interest consisted of a large framed oil painting of Santa Claus, unfortunately not painted by anyone famous, a few vintage purses, not worth a whole lot, and a large plastic Frankenstein which was a bit unnerving to see peering at us out of the gloom in a dark back corner.

One box held unopened beer cans which had swelled alarmingly in the heat, and we carried those with the care of a crate of old dynamite - not wanting them to explode all over us and the room.

When the contents of the attic were added to our pile in the garage it reached the roof, so we rented a 40-cubic yard dumpster. My son Walker and his friend Jordan were recruited to help us the following afternoon to load the dumpster, and in just a few hours we had filled it to the brim! That was a lot of junk.

I won't lie, I brought a few broken pieces of furniture out of our basement to add to the pile. Figured this was a great chance to get rid of some old junk of our own.

We threw away everything but Frankenstein. Who knows, he may show up in some unlikely places in the next few weeks.

My work did not go unpunished. Two days later, I could not stand upright without severe spasms of pain in my back. After two trips to the chiropractor and a lot of ice packs and pain pills, I decided I am not as young as I would like to think I am.

I told my husband we were shortchanged on the money given to clean out the garage, and the previous owners probably laughed all the way to the bank.

Moral of the story, when buying a house, make sure you find and inspect every nook and cranny, crawlspaces, and attic. Which reminds me, I have not actually gone into the crawlspace off the basement. Maybe that rare trading card or box of vintage wine is hiding down there?

## Drug take-back event collects nearly 50 pounds of unwanted medications

BY MOLLY ROBERTS  
The News

During the nationwide U.S. Drug Enforcement Administration drug takeback event on Oct. 24, Washington County Law Enforcement collected 31.4 pounds of pills, including both prescription and over-the-counter medications, and 18.4 pounds of liquids.

The event provided an opportunity for the public to safely dispose unneeded or un-

wanted drugs, anonymously with no questions asked.

"Medicines that languish in home cabinets are highly susceptible to diversion, misuse and abuse," said Washington County Law Enforcement in a press release prior to the event. "Rates of prescription drug abuse in the United States are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs."

Anyone looking to dispose of unneeded or unwanted medications, prescription or over the counter, can utilize the 24-hour drop box at the Washington County Jail. Since the last take-back event in October 2019, the drop box has collected 86.4 pounds of medications, said Washington County Sheriff Jared Schneider in an email. He added that safely disposing medications via a take-back event or the drop box helps to prevent environmental hazards and drug abuse.

One-to-One Pharmacy in Kalona and UI Health Care River Crossing Pharmacy in Riverside are also year-round collection sites for unwanted drugs. A full list of authorized take-back sites can be found at [deaddiversion.usdoj.gov](http://deaddiversion.usdoj.gov).

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## WCHC physical therapists experts in vestibular dysfunction

BY MOLLY ROBERTS  
The News

WASHINGTON

Nicole Naraine of Washington County Hospitals and Clinics wants people to know that physical therapy can be more than exercises to help recover from a knee surgery. Naraine has a special interest in treating vestibular dysfunction, or problems with the inner ear. This can include patients experiencing dizziness, vertigo or balance problems.

Benign paroxysmal positional vertigo (BPPV) is a condition that often affects seniors and causes positional vertigo; when the patient turns a certain way, the room kind of spins. It is treated with Frenzel goggles, which are equipped with a camera to let Naraine see the patients' eyes on a computer screen. Wearing the

goggles, the patient is put into different positions and, if they get dizzy, the imaging allows Naraine to see which areas are affected.

Senior patients can also suffer from hypofunction, when one ear is affected by inflammation or viral infection and causes dizziness.

The first step, when patients walk through Naraine's door complaining of dizziness, is to assess the cause for their discomfort. Sometimes this includes a fall risk assessment as well. This may include walking, or standing with their feet together and eyes closed or reaching out for objects.

"If they are dizzy, we'll take them through a series of tests to see if we can find a reason for their dizziness and treat that first," Naraine said. "If they are a fall risk or if they

have impaired balance, we might see them for a length of time to work on that. Balance is like strength, if it can get better if we challenge it and so we have them come in here and do exercises to help challenge their balance and get them better."

Many seniors with dizziness of balance issues chose to use an assistive device, such as a walker or cane. The physical therapists at WCHC can help patients determine which of the many options would work best for them.

Physical therapists can also help seniors find ways to complete everyday tasks that might become difficult for them.

"We're good at helping to come up with different ways to maximize safety at home," Naraine said. "If they're standing and doing the dishes and

they can't stand for that long, whether it be a balance thing or a back-pain thing, we might have them get a stool to sit on. It's case-by-case but we can find ways to help."

Naraine said many seniors who are living with dizziness on a daily basis are unaware that they can find help in a physical therapy office.

"A lot of times when I have people come in for dizziness because their doctor referred them over to us, they will say,

"I didn't know you guys did this type of thing!" she said.

"That is one thing that I think more people should know about, that we treat dizziness and vertigo and we have extra training in it so we can treat it well."

Vestibular dysfunction can present itself in many ways: It may be vertigo, which is often

described as the room spinning; it may be lightheadedness; it may be the sensation of one's head "feeling full."

Sometimes patients don't want to seek help for balance or issues of dizziness because they have a just-tough-it-out attitude, but Naraine and the physical therapists at WCHC encourage anyone affected by dizzy spells or balance insecurities to give physical therapy a try.

"At least come for the first visit to see what you think. Most of the time when people are [hesitant], they'll tell us at the end that they're really glad they gave it a shot because it does help," Naraine said. "I just had a recent patient who came in and said, 'I have to admit that when I came in I wasn't buying this whole thing, but I'm a believer now.'"



METRO CREATIVE SERVICES

Wearing personal protective equipment can go a long way in preventing infection.

### How illnesses can be stopped from spreading in nursing homes

Nursing homes aim to keep residents safe and healthy, and in order to do so important precautions need to be taken not only by staff members, but by friends and family who visit their loved ones in nursing home facilities. The open-door policy of many facilities can make it easy for diseases to find their way in. These pointers can help reduce the risk for disease transmission.

- Visitors should not come into the facility if they have symptoms of respiratory infections or other illnesses that are easily transmissible.
  - Employees should stay home if they are sick.
  - Good infection prevention and control techniques always should be implemented. These include cleaning hands before and after touching another resident. Cleaning and disinfecting environmental surfaces, removing soiled items, and wearing personal protective equipment is advised.
  - Residents, workers and visitors should practice proper cough and sneeze etiquette by coughing and sneezing into the crooks of their elbows rather than into their hands.
  - The CDC says alcohol-based hand rub should be available in every resident's room.
  - Restrict residents with any contagious illnesses to their rooms. If they need to be moved for testing or other reasons, have them wear correct safety items, like facemasks.
  - Healthcare personnel who may work other jobs, such as those in other facilities, should exercise extreme caution after caring for an individual with an infectious disease.
  - Guests should wear gowns when visiting someone who has a virus or type of bacteria that can be transmitted through direct contact.
- Infectious diseases can be problematic in nursing home settings since residents are vulnerable due to their proximity to others, ages and potentially compromised immune systems.

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## Internet scammers target seniors amid pandemic

BY MOLLY ROBERTS  
The News

Cybercrime was already on the rise before the pandemic—the Internet Crime Complaint Center (IC3), a branch of the FBI, reported a 62% increase in reported internet crimes between 2015 and 2019. But then the COVID-19 pandemic struck and confined the majority of Americans to their homes. Increased reliance on internet communication and higher rates of isolation, loneliness and free time have only given internet scammers more opportunity to take advantage of their victims.

Senior citizens are by far the most targeted and most victimized age group for cyber-

crime. The IC3 reported 68,013 complaints from victims aged 60 or older in 2019, compared to 50,608 from victims age 50-59 and only 10,724 from victims under 20.

Elder fraud is defined as a financial fraud scheme that targets or disproportionately affects people over the age of 60. Of Iowa's 5,094 total cybercrime victims in 2019, it is estimated that about one quarter of them were elders.

Scammers are attracted to potential elderly victims for various reasons, including relative unfamiliarity with the internet, general isolation and loneliness and the fact that many seniors own their own homes and might be living in them alone. In Washington

County, 17.3% of the population is over the age of 65 and 11.96% of these seniors live alone.

Common cybercrimes that target elders include:

- Romance scams, where perpetrators pose as interested romantic partners through dating websites to capitalize on their elderly victims' desire to find companions.
- Tech support scams, where scammers pose as technology support representatives and offer to fix non-existent computer issues. The criminals will often gain remote access to victims' devices and commandeer their sensitive information.
- Grandparent scams, where perpetrators pose as a relative (usually a child or grandchild)

and claim to need immediate financial assistance.

• Government impersonation scams, where scammers pose as government employees and often threaten to prosecute victims unless they agree to provide payments. Government impersonation scams are on the rise as the criminals impersonate contact tracers working for public health organizations to track COVID-19 exposures. Real contact tracers will never ask for payment or bank information.

The easiest way to protect yourself from cybercrime and internet scammers is to never provide bank or payment information to any unverified person over the phone or online. When unsure, it is best to

stop all contact with the possible scammer until you can verify their identity by calling your bank or the organization they claim to represent.

"Resist the pressure to act quickly," said the IC3 in a public service announcement. "Perpetrators create a sense of urgency to produce fear and lure victims into immediate action."

This year, Attorney General William Barr announced the launch of the Elder Fraud Hotline, which is staffed by experienced case managers who can provide personalized support to callers. Anyone who suspects an instance of elder fraud is encouraged to call the hotline's toll-free number 833-FRAUD-11 (833-372-8311).

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# SENIOR LIVING

THE NEWS

THURSDAY, OCTOBER 29, 2020 | PAGE 11A

## Services from Performance Therapies increase general health

BY MOLLY ROBERTS  
The News

### KALONA

Most seniors are familiar with physical therapy only in the context of recovering from an accident or surgery, but physical therapist Jeff Swartzendruber is working to get seniors through the door of Performance Therapies in Kalona sooner, before an accident or operation necessitates it.

"In the PT world, what would be ideal would be if there was some sort of routine visit that you'd do yearly just to check up," Swartzendruber said. "We have all kinds of different tests that we can do, especially for things like balance and falls... based off those tests, we can give them their relative fall risk. Then we can look at that and say, 'Hey, you're at a little bit of a fall risk, you might want to work on A, B, and C.'"

While Swartzendruber sees all kinds of patients, he specializes in orthopedic conditions and works to help patients strengthen their bodies to maintain health, happiness and independence.

As people age, they develop sarcopenia, which is a gradual loss of muscle mass that starts as early as a person's 30s but becomes more prevalent when a person reaches their 70s.

"It's important to do something to maintain some degree of muscle mass, otherwise you can just get weaker and weaker," Swartzendruber said. "It becomes difficult to get up and down from a chair, to get out of bed, to walk, to do activities that you need to do... maybe that's due to weakness in their lower body or stiffness in their ankles, knees or hips. We can address those deficits through exercise or other means to help [patients] maintain their independence and stay healthy."

Swartzendruber said sometimes patients, especially those older in years, sometimes have a stigma against attending physical therapy. He said a relatively healthy person might not need regular treatment but could still benefit from infrequent visits. He would be able to give patients a list of things to work on, such as strengthening exercises, and when they feel they've progressed enough, he can update the routine or program.

"If people are doing well and they're pretty independent, sometimes it's nice to just check in, work on things at home for a while and then if you need me, I'm here," Swartzendruber said. Swartzendruber grew up in Kalona and attended Iowa Mennonite School before earning a bachelor's in biology from Eastern Mennonite University in Harrisonburg, Virginia. He returned to Iowa to earn his Doctorate in Physical Therapy from the University of Iowa in 2012. Shortly after graduation, he started working for Performance Therapies out of their Cedar Rapids office before finally returning to Kalona in 2017.

The Kalona office of Performance Therapies shares a building with the YMCA, which Swartzendruber said only benefits his practice.

"People are getting more interested in getting into an exercise routine, they already have that desire to get started," Swartzendruber said. "Then, it's easy to meet with them, show them things they can do with the equipment and also things they can do at home to get them on a path to meet their goals."

Swartzendruber can offer more than just help with exercise, however. He can also provide manual therapy, which is hands-on work to try to reduce pain in muscle tissue or joint tissue through deep-tissue work, spinal mobilization or manipulation, or dry needling.

"Sometimes people don't always realize why you go in to see a physical therapist, sometimes people think, 'I can just look up some exercises for that,'" Swartzendruber said. "And while exercise is important, what's more so is doing the evaluation, figuring out what types of treatment they are going to respond best to. There are a lot of things we can do to get people out of pain so they can go back to enjoying the activities they want to do."



MOLLY ROBERTS/THE NEWS

Jeff Swartzendruber, DPT, OCS, CSCS, started practicing physical therapy with Performance Therapies right after passing his boards in January 2013. He has worked out of the Kalona office since 2017.

### COVID-19 AND CANCER

#### Are cancer patients at risk?

Dr. Steve Pergam, the medical director of infection prevention at Seattle Cancer Care Alliance, said that patients with blood malignancies are most at risk for COVID-19. Blood malignancies include non-Hodgkin lymphoma, chronic lymphocytic leukemia, acute myeloid leukemia, acute lymphoblastic leukemia, and multiple myeloma. While people with these forms of cancer may be most at risk of getting COVID-19, it's important to note that all cancer patients, including those who recently concluded treatment, are vulnerable.

#### What can cancer patients do to protect themselves?

Cancer patients should embrace the safety protocols recommended by the CDC, including social distancing measures and limiting direct contact with other people. Seniors in cancer treatment should take advantages of opportunities to limit their exposure to COVID-19, such as visiting grocery stores during seniors-only hours and opting to participate in digital religious services instead of in-person services. Patients can work with their cancer care teams to devise ways to continue receiving treatment without elevating their risk of exposure to COVID-19.

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**What originally motivated you to run for public office?**

It really comes down to a desire to serve my community and help the people that I live with and work with. One of the most rewarding aspects of the job is when someone can bring an issue to me and I can work through the issue and figure it out and report back when it's been solved. That's always been a very rewarding part of the job and I really enjoy that. Nowadays as well, there's a lot of work I have going on with the Public Safety Committee and things that I've gotten started that I need to see through for the betterment of my constituents — that's why we continue to run again this year.

**You serve as the chair of the Public Safety Committee. What work have you done there that you're proud of?**

When it comes to public safety, we can discuss a lot of things that the government is supposed to be involved with or not involved with, but pretty universally, people agree that public safety is a major function of what we expect of our government. In that committee we tend to deal with a wide range of issues. We work closely with the judiciary committee as well on how we go about things [Klein also sits on the judiciary committee].

Something I always say at the opening session with the committee as a whole is that I expect most everything in that



Jarad Klein

committee to be bipartisan, to not be a partisan issue. Occasionally, there's going to be stuff that comes up and I understand that, but public safety is not something we should have major disagreements about.

Last year we handled adding the division within public safety to address cybercrime. That addresses things like human trafficking, child pornography, illicit bank crimes online, theft of identity, all those different things. That was very bipartisan. Everybody was on board with that and we figured it out and marched forward.

Another one that has been reoccurring in my entire tenure in legislature has been the topic of medical marijuana. I've actually handled that one personally as the floor manager since the very first bill we ran, and I still continue to do that, working closely with the medical cannabidiol board that oversees the program and gives us the scientific advice.

I don't think any of those bills were ever non-bipartisan. They were always bipartisan. Were they ever perfect? Especially talking about evolving subjects, we're not going to find perfect, but every couple

of years we're in there making changes, addressing the need, making sure we ultimately get relief to our constituents that are out here suffering and have tried every other avenue and can't find any relief.

**You also sit on the agriculture committee. What are you proud of there?**

I handled the very first hemp legislation, where we legalized the growing and manufacturing of hemp and hemp byproducts. The federal government first had to do what they did in 2018 and then we were able to come in and set up a state program. I did that as a member of the Ag committee but that also serves a function because when you talk about hemp, there's a lot of law enforcement concern there because they look the same but they're not. One has a very legitimate agricultural purpose and is 100% industrial and there's an opportunity there for some farmers.

I've also been very aggressively interested in protecting our farmers, specifically our livestock producers, from people who break into their farms, take pictures, set things up that aren't real to make agriculture look bad. I've floor managed bills over the years to ensure our farmers are protected from illegal trespassing.

**How has the COVID-19 pandemic affected Iowans?**

There's so much uncertainty that's number one. And that's where really, fully understanding the intricate details, from the background I have of having been around for a while, is going to be very

helpful in making sure that we address how to handle everyday life not being the way it was before.

**How are we going to address budgeting for education?**

That's a real concern because, thankfully, we've been very fiscally conservative in the way we have gone about things. Education has seen growth every year but at the same time we've not been raising taxes. Our surplus accounts are full, our rainy-day accounts are full, we've got the budget well under control even after going through everything we've been through. But in four months, I'm not sure what that's going to look like. We need to be ready to address those things and get after some of that.

We have a lot of parents in my district who had to enroll their child in school before they knew the return-to-learn plan. Then the child got enrolled and they figured out what was going on. They were locked in, they didn't have a choice anymore. We need to probably look at the hose dates before we determine enrollment for budgeting purposes. We need to make sure parents have as much ultimate decision making as they can absolutely have when it comes to their children and their lives.

**What makes you a better choice for this seat than your opponent?**

My experience and track record. I've got a pretty proven track record that I do what I say I'm going to do and that has never been strayed from. I've got a track record of be-

ing effective. I've gotten a lot of legislation done that required votes from the other party, that required members from my party to do some homework. My experience, my already proven track record of being able to get things done for my district are pretty good reasons to reelect me.

**Many people only vote for the presidential ticket and ignore the state and local races. What would you say to voters who don't plan to vote in other races?**

Local government is where we try to put as much power as we can. The best decisions are made by those who know the issues the most closely. Whether we're talking legislative at the state level, or city council or county board of supervisors. There's a lot of money that goes through the county. The supervisors are an extremely powerful important position and people need to be looking to see what their positioning is. Those positions deserve and need to have that attention. School board is one of those as well.

Locals actually have a lot more power than most people think. When you talk about stuff with current events and the pandemic, most of your authority when it comes to healthcare crisis is with the gubernatorial branch, not the federal branch. All the healthcare is a state-by-state governor by governor issue.

These local elections, they matter. I encourage people to look at what we've done, look at our track record and decide for themselves how they want to be represented.

**KIMBERLY DAVIS**

Candidate for Iowa House of Representatives, District 78  
Democratic Party

**What first motivated you to seek public office?**

What motivated me to run was just getting involved in the community and with the democratic party. I was going door to door and canvassing and phone banking and talking to a lot of people around here about what it is that they needed from our legislators.

**Have the events of 2020 impacted your motivation to run for office?**

I had to decide if I wanted to be on the ballot several months before the election. In that time, I saw how little our legislature was doing for our communities and how we had very little strong leadership from our current legislators and our governor. It just really lit the fire and then fanned the flames of that fire. We need to just get in there and get some fresh perspectives for Iowans in our capital. We need to make sure that we have people who are willing to go out there and speak up and lead in our communities.

We needed a mask mandate back in March. I think if our governor and our legislators would have promoted that and explained that this is not a partisan issue, that masks help and decrease the contagion, that would have been so helpful. It just didn't happen that way. There was a lot of misconstructed data and there was no public awareness about what was going on and that only made things scarier. I saw the



Kimberly Davis

lack of leadership and that lit the fire, for sure.

**How has the COVID-19 pandemic affected Iowans?**

What I hear about most from voters is the lack of mental health availability in our area. It's becoming a much bigger issue than it ever was. We've always lacked mental health care since Branstad made it his mission to take it apart piece by piece. That's what I've been hearing from parents, from teachers, from people who have lost work from people who have gotten sick with COVID and had to spend weeks in the hospital.

Being in isolation such a terrible experience and being away from loved ones during this scary situation is very hard. The lack of mental health resources is really coming down on front line healthcare workers and our teachers and parents. Parents were scared to send their children back to school and didn't have the childcare that they needed.

These are issues that we can work out at a local level if we have someone who is willing to step up and not just pass legislation but fund the legislature

or the laws that will help with mental health and childcare. If we would have had those things in place already, as we should have had, we would be in a much better situation than we're in now.

**Besides the pandemic, what other issues are Iowans facing right now?**

The big things that I hear about the most from voters are healthcare, a general lack of healthcare and coverage, really high deductibles, high premiums and lack of access to care. People are not going to the doctor to get preventative care when they should and then things just get worse. You hear horror stories of medical bankruptcy even at a very early age. The 20-somethings falling off their parents health insurance struggle, the 27, 29-year-olds who have a preexisting condition and can't get a job that covers them. They face an incredible mountain to get the care that they need.

The things that I think would make Iowa a better place for young adults and people starting families and trying to purchase their first home would be broadband infrastructure spending. We need to have internet in our communities. COVID has also made that a prevalent problem. And making sure that we are getting decent jobs into our communities so that the wages are better, the benefits are better, and people can afford to call Iowa home.

**What are some things we can do to mitigate these problems in District 78?**

I think that instead of focus-

ing so much on how we take federal funds now and allocate them, we need to start really creating the revenue here in our own district. I think legalizing cannabis would be a huge step forward for our district and our state. I think that it would bring in a lot of revenue if we implement our plan properly. We've seen other states do it. We've seen other states do it. We've seen what their mistakes were and we can learn from them. We're not the guinea pigs.

All of those things I've mentioned would make living in Iowa so much better. If we fully funded our schools, helped out our teachers, helped out our parents so that they could provide more childcare services and more mental health services for kids, which are very hard to come by, that alone would be huge for our district.

**What goals do you have for your freshman year in office?**

I would really like to work with the environmental committees and conservation committees on making sure that we're protecting our topsoil and we're protecting our natural resources.

I'm also very interested in working with our community colleges and our unions and pairing them up to do a lot of trainings for good-paying union jobs. I want everyone to know that that's where I stand. I truly believe in collective bargaining and I truly believe that the workers deserve to have their wages and to fight for them.

**Why are you a better choice for this seat than your opponent?**

I'm more than ready to take

this job on. I'm very passionate about this. If you go up to the state house often like I have been, you will see that the only people there with some pep in their step are the lobbyists and the press. Our representatives don't have the enthusiasm. At least, it doesn't come across to me.

I think we need new fresh faces, we need new blood in there and we need people who are willing to take a different perspective and give things another look. I have the time, I have the know-how and I am ready to do this job. I'm hoping to win this one and if I don't win this one, I'll run again.

**Many people only vote for the presidential ticket and ignore the state and local races. What would you say to those voters?**

The down-ballot races matter so much more than the president. What your daily life is full of are the decisions that are made at a local level. You have got to get in there and know who your city council members are, know who your county supervisors are. They make very big decisions.

Up until recently, minimum wage was set by the county supervisor board. It's been changed, so now it will be set by the state legislators. If you are for a living wage, you have to know that your legislators are for a living wage. If you are for cannabis legalization, you should know if your state representative is for that. How do you feel about the schools, how do you feel about infrastructure spending, the environment? All of those things are going to be impacted by who your state representative is.

## MID-PRAIRIE PERFORMS "THREE FAIRY GODMOTHERS" IN CAFETERIA OCT. 30 - NOV. 1



Mid-Prairie students will present their fall play, "Three Fairy Godmothers" this weekend. Performances will be Friday, Oct. 30 at 7 p.m., Saturday, Oct. 31 at 7 p.m. and Sunday, Nov. 1 at 2 p.m. Tickets are \$10 for adults and \$5 for students. For ticket inquiries, contact Cande Helmuth at [ihelmuth@mphawks.org](mailto:ihelmuth@mphawks.org).

Above: Barabara tries to force the King (Kelby Gingerich) to marry his daughter Princess Dulcie (Liv Caskey) with the help of more members of her Evil Entourage - Isabel Forbes, Diego Ayala, Diego Sanchez, Haydon Bailey, Avery Frede, Chris Burnham, and Alex Burnham. Prince Royal (Gavin Frascht) and the Three Fairy Godmothers (Manner, Richardson, and Meader) do what they can to help the King!



SUBMITTED

Erin Manner, Terra Richardson, and Elizabeth Meader as Hepsabab, Hoplandria, and Hortense, who are the Three Fairy Godmothers.

## VOTE ON NOVEMBER 3RD 2020!



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- Strengthening our unions and repealing 'right to work'
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- Legalizing Cannabis—Lowering non violent incarceration
- Ending corporate tax giveaways
- Protecting our environment and our natural resources
- Investing in broadband internet infrastructure
- Paying our handworkers a living wage
- Passing Term Limits for all elected positions





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# The News SPORTS

THURSDAY, OCTOBER 29, 2020

## STATE TITLE WEEKEND



**The lineup:** Class 3A and 4A cross country championships will be held Friday, and Class 1A and 2A championships will be Saturday at Kennedy Park/Village Municipal Golf Course in Fort Dodge.

**Admission:** \$10

**Class 2A girls start:** 10:30 a.m. Saturday

**Defending champion:** Mid-Prairie

**Number of teams:** 15  
**Mid-Prairie starters:** Danielle Hostetler, Sydney Yoder, Jaden Yoder, Mitzi Evans, Abby Fleming, Ana Fleming, Phoebe Shetler.

**Mid-Prairie alternates:** Anika Poll, Anara Jones.

**Key stat:** Hostetler has won every race she has entered this season and was the only 2A runner to run under 19 minutes in state qualifiers last week.

**The skinny:** The Golden Hawks swept the top three places in the River Valley Conference championship meet and captured five of the top seven spots at the state qualifier in Williamsburg. Twin sisters Sydney and Jaden Yoder, along with Mitzi Evans, have delivered top-five results all season. Chasing history: Senior Ana Fleming is attempting to be the first in Mid-Prairie history to be a part of four consecutive state championship teams.

**Class 2A boys start:** 11 a.m. Saturday

**Defending champion:** Tipton

**Number of teams:** 15

**Mid-Prairie starters:** Jamie Stutzman, Thaddeus Shetler, Nathan Wallington, Lucas Bontrager, Chandler Herschberger, Mose Yoder, Daniel Rodgers. If Shetler is unable to run (ankle injury), Sam Yoder will likely take his place.

**Mid-Prairie alternates:** Jordan Stock, Blake Creed.

**The skinny:** The Golden Hawks earned a team spot by finishing second in the Williamsburg state qualifier. Four Mid-Prairie runners finished among the top 10.

**Key fact:** Jamie Stutzman, who finished second at the state qualifier and third at the River Valley championships, will be attempting to post the best state finish in Mid-Prairie boys history. Jared Draper finished ninth in 2014.

**Class 1A girls start:** 3:30 p.m. Saturday

**Number of teams:** 16

**Number of runners:** 155

**Hillcrest Academy starter:** Leah Bontrager.

**The skinny:** Bontrager qualified for an individual spot in the state meet by finishing third in the qualifier last week at Wildwood Park in Ottumwa. She finished with a time of 21:52.

## VOLLEYBALL



Tori Boyse, a senior at Mid-Prairie, was named to the River Valley All-South Division team. Boyse led the Golden Hawks with 73 kills and helped Mid-Prairie to a fifth-place finish in the River Valley South tournament. She also had 25 blocks and 12 aces. Landy Pacha, a sophomore, was named Honorable Mention. She had a team-leading 265 assists, along with 17 kills, 16 blocks and 17 aces.

## IOWA 2A CROSS COUNTRY CHAMPIONSHIPS

# FRONT RUNNER



PAUL D. BOWKER/THE NEWS

Unbeaten in every race this season, Mid-Prairie freshman Danielle Hostetler has spent most of her season running behind the lead pace vehicle with the second-place runner nowhere in sight.

*At age 14, Mid-Prairie freshman Danielle Hostetler is unbeaten*

BY PAUL D. BOWKER

The News

WILLIAMSBURG

Danielle Hostetler chases golf carts. Really.

Since late August, when Hostetler won her first high school cross country race in school-record time, the Mid-Prairie freshman has been chasing golf carts and pace vehicles all season long.

Saturday in Fort Dodge, she'll attempt to become the third Hostetler girl to win the Class 2A individual state championship for the fifth consecutive year while the Golden Hawks go after their fourth straight team title.

"I'm ready. I'm excited. We're going to give our best," Hostetler said after winning the Williamsburg state qualifier last week with a time of 18:47.

Hostetler was the only girl in Class 2A statewide to complete the state qualifier in under 19 minutes.

And just like every other meet this year, Hostetler spent most of last Thursday running by herself behind the lead vehicle, and in most races a golf cart, that marks the path for a race's run-



PAUL D. BOWKER/THE NEWS

Danielle Hostetler starts out in the state qualifier last week in Williamsburg. She had the fastest time (18:47) of any runner in any of the Class 2A qualifiers statewide.

SEE HOSTETLER | PAGE 38

## MID-PRairie FOOTBALL

# Another dramatic loss ends season

*Golden Hawks fall to Tipton, 18-15*

BY PAUL D. BOWKER

The News

WELLMAN

Mid-Prairie quarterback Vinnie Bowlin refused to go quietly.

Scoring his second touchdown of the night on a 5-yard run last Friday night, Bowlin's score and Jake Swartzen-druher's extra point pulled the Golden Hawks to within 18-15 in its Class 2A playoff game against Tipton.

The comeback from an 18-point deficit ended there.

As Mid-Prairie head coach Pete Cavanagh watched the final seconds tick down helplessly with no timeouts remaining and Tipton's offense running the ball, he couldn't help but think that this moment defined the Golden Hawks' season.

An interception in the final seconds of the season opener against Sigourney-Keota spoiled a Mid-Prairie comeback from a deficit of three touchdowns.

Weeks later, attempting to come back from 14 points down at Belle Plaine, the Golden Hawks fell on an incomplete pass in the end zone on the game's final play.

On Friday, a Bowlin touchdown and a two-point conversion in the third quarter, followed by another Bowlin touchdown late in the fourth quarter left the Golden Hawks just three points short in the second round of the playoffs.

As players from both teams slapped hands with each other in the final seconds and senior lineman Conner Shalla was among the Golden Hawks fighting off tears, the season ended with as much drama as it began in a year that was interrupted by the COVID-19 pandemic and cost Mid-Prairie two scheduled games.

SEE GOLDEN HAWKS | PAGE 28

# A dad's story: From starting line to team champ

*(Editor's note: Aaron Fleming is the cross country assistant coach at Mid-Prairie High School. His daughters, River Valley All-Conference runners Ana and Abby, are on the Golden Hawks' varsity squad that will attempt to win its fourth consecutive state championship Saturday in Fort Dodge.)*

BY AARON FLEMING

Special to The News

I remember my daughter Ana's freshman state championship meet like it was yesterday.

She looked so small at the starting line, just a little waif next to all the grown-up juniors and seniors. It didn't seem fair that such a scrawny kid should have to compete against girls who were two or three years older.

Welcome to high school competition, kid. Good luck.

She was nervous as she stood on that starting line, but you wouldn't have known it if you weren't her mom or dad. She was intensely competitive and keenly emotional, but she also kept most of that under the surface. Oh, there was a flash of rage two weeks before at the conference meet when a big senior competitor gave her a couple of hard elbows in the ribs. Ana took off after that, a snarl on her face, and beat the senior by 20 seconds. And sometimes when she was running particularly well, moving up through the pack and passing competitors one after another, she'd get a smile of sheer joy on her face that looked completely out of place among all the other



PAUL D. BOWKER/THE NEWS

Ana Fleming, a senior on the Mid-Prairie girls cross country team, hugs her dad, Aaron, an assistant coach, after she helped the Golden Hawks win the state qualifier last Thursday in Williamsburg.

SEE ANA | PAGE 38

## ATHLETE of the WEEK

### JUSTICE JONES

MID-PRairie JUNIOR

**The linebacker finished off the season with a team-high 12.5 tackles in a playoff game vs. Tipton. 2020 stats: 69 tackles, 1 interception**

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## EIGHT-PLAYER PLAYOFFS: MONTEZUMA 54, LONE TREE 14



MOLLY ROBERTS/THE NEWS

Lone Tree running back Alex Viner fights for yardage in last Friday's playoff game at Montezuma.

## Lions fall to unbeaten Montezuma

*All of Lone Tree's seniors score points in season-ending game*

BY MOLLY ROBERTS  
The News

### MONTEZUMA

Lone Tree fell to Montezuma, 54-14, this past Friday in the second round of the eight-player playoffs just two weeks after its 62-24 loss to the same team.

While Lone Tree recorded nearly the same number of total yards — 323 on Oct. 9 and 322 on Oct. 23 — the Lions held Montezuma to only 338 yards in the second meeting, as opposed to their 595 yards two weeks prior.

The Lions went four-and-out on their first possession, but recovered a Montezuma fumble on their second snap of the game and immediately scored on a 38-yard run by senior Alex Viner. Senior Will Hotz punched through the Braves line to record a two-point conversion and put the Lions up 8-0 early in the first quarter.

Lone Tree followed its touchdown by holding Montezuma to a four-snap possession, thanks in part to a sack from sophomore Andrew Hotz that forced the Braves to punt.

And although Montezuma scored on four plays in its next possession, Lone Tree maintained a lead after Tyler Bell

blocked the Braves' point-after attempt.

The momentum started to swing in Montezuma's favor early in the second quarter when Lone Tree failed to score off a 12-snap possession. The Lions converted on the eighth play of that drive despite facing fourth-and-14 when quarterback Cade Shield completed a 29-yard pass to Bell. But then the Lions were unable to punch the ball through from the 3-yard line and turned the ball over on downs.

Later in the second quarter the Lions suffered another blow when the Braves' Trey Shearer caught a 30-yard touchdown pass on third-and-16.

Lone Tree head coach Aaron Bohr said those plays were big blows to his team's momentum.

"I was proud of our guys because we didn't lose composure when these two plays happened, but it was definitely tough because it is hard to overcome those sorts of things against a team as good as Montezuma," Bohr said.

The Lions were kept off the scoreboard again until the fourth quarter. Lone Tree received the ball on the Montezuma 35-yard line after a Braves' punt went out of bounds. Viner

recorded a 16-yard rush that senior Levi Sothen followed with a 19-yard touchdown run.

All three Lone Tree seniors who suited up for Friday's game ended up putting points on the board. Viner finished the game with 77 rushing yards and one completed pass, for 22 yards, off one attempt. Sothen recorded 57 rush yards and Hotz, who played offensive guard for most of the season, racked up 33 rushing yards against Montezuma.

"I could not ask for a better trio of seniors to lead this team than Alex, Levi and Will. They are total team players and always set a good example for our younger players," Bohr said. "I am happy that we were able to play this season for these three more than anything because they deserve to be recognized for the fine players and young men that they are."

### LIONS STAT LEADERS

**Rushing:** Alex Viner, 10 carries, 77 yards, 1 TD; Levi Sothen, 5-57, 1 TD; Cade Shield, 17-54; Will Hotz, 7-33.

**Passing:** Shield, 9-of-18, 79 yards, 2 INTs; Viner, 1-of-1, 22 yards.

**Receiving:** Cade Patterson, 3 catches, 36 yards; Tyler Bell, 3-36; Viner, 3-7; Shield, 1-22.

**Defense:** Will Hotz, 5.5 tackles, 1 fumble recovery; Bell, 5 tackles; Caden Smith, 4.5 tackles; Viner, 4 tackles.

## CROSS COUNTRY STATE QUALIFIERS

## Bontrager wins spot in 1A girls state meet

BY PAUL D. BOWKER  
The News

Leah Bontrager, a junior at Hillcrest Academy, locked down a spot in the Class 1A cross country state championship meet with a third-place finish in the qualifier at Wildwood Park in Ottumwa.

Bontrager finished the race with a time of 21:52, finishing behind Rylee Dunkin of Twin Cedars and Mya Whitaker of Iowa City Regina Catholic.

It was the highest finish in three years for Bontrager at a state qualifier. She placed sixth last year.

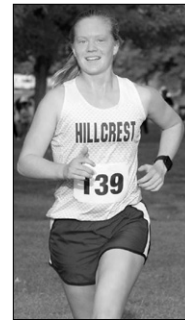
The top 10 finishers at each qualifier secured individual spots in the state championship.

"Leah did an excellent job of handling the pressures surrounding the state qualifier meet," Hillcrest coach Marty Gingerich said. "She was able to factor in the hot weather and challenging course as she executed her race plans. It was a joy to watch her race, especially knowing she was enjoying herself, too."

Bontrager will be among 155 runners in the Class 1A girls race at 3:30 p.m. Saturday at Lakeside Municipal Golf Course in Fort Dodge. She finished 67th last year with a time of 21:22.

Bontrager was the only local runner to qualify for the 1A championship meet. In order to qualify for the state meet, individuals had to finish among the top 10. Teams needed to finish first or second.

Taylor Sublette, a senior at Highland, nearly qualified in a 1A qualifier at Cascade. She finished 17th with a time of 23:16, missing out by 48 seconds.



PAUL D. BOWKER/THE NEWS

Hillcrest Academy junior Leah Bontrager will make her second state championship start Saturday in Fort Dodge.

Madison Thomann, another Highland senior, finished 20th. Katelyn Waters of Highland was 39th and Fiona Mahler was 47th.

Hillcrest's Julia Boller was 38th in the Ottumwa qualifier and Kennedy Roth was 42nd.

Alberto Cortez of Lone Tree had a 28th-place finish in the boys qualifier at Cascade, missing the cutoff by 18 places. Teammates Nick Saltzman was 44th and Chris Christofferson was 47th.

Ethan Paisley led Highland with a 42nd-place finish and Carlos Valenzuela made the top 50 at No. 50.

Collin Miller led Hillcrest in the boys race at Ottumwa with a 49th-place finish. Will Kolkic



PAUL D. BOWKER/THE NEWS

Jamie Stutzman finishes off his second-place run in a Class 2A boys qualifier held last Thursday in Williamsburg.

## Stutzman leads strong showing by M-P boys

BY PAUL D. BOWKER  
The News

### WILLIAMSBURG

All eyes will clearly be on Mid-Prairie's girls cross country squad on Saturday as it chases down a fourth consecutive state team championship.

But just after the Golden Hawks hit the finishing area Saturday morning at the Lakeside Municipal Golf Course in Fort Dodge, they'll head back out to the course to cheer on the Mid-Prairie boys.

Led by Jamie Stutzman's second-place finish, the Golden Hawks locked down their own team spot in the state championship meet at last week's state qualifier in Williamsburg.

Four Mid-Prairie runners finished among the top 10, helping to secure a second-place finish behind Danville-New London (the top three teams from each of five qualifiers won spots in the state meet). Williamsburg was third.

"We had a really good day as far as times and places and improvements," said head coach Mark Hostetler. "It was

unexpected, really, that we could beat Williamsburg."

Stutzman, who finished third in the River Valley Conference championship meet, came in second to Danville's Ty Carr with a time of 16:46. He finished just six seconds behind Carr and pushed hard in the final stretch to defeat Danville's Alexander Julian by 11 seconds.

Also finishing in the top 10 for Mid-Prairie were No. 8 Nathan Wallington, No. 9 Lucas Bontrager and No. 10 Chandler Hershberger.

Mose Yoder was 32nd, Daniel Rodgers was 45th and Sam Yoder was 68th.

"The boys ended a two-year drought," said assistant coach Aaron Fleming, "and after two years of heartaches it was a total joy to see them come through with a convincing second-place finish."

Thaddeus Shetler, who is likely the fastest Golden Hawk when he is healthy, could not race in Williamsburg, but is still planning to run at the state championship.

### GOLDEN HAWKS/Continued from Page 1B

"One of the most trying years we've ever had," Cavanagh said.

While the Golden Hawks finished the season with a 4-4 record, Tipton (5-3) will go on to face Comanche in the third round of the playoffs this coming Friday.

Mid-Prairie's ground battle against Tipton turned into a war in the trenches, along the offensive and defensive lines. Eighty-nine of the 111 offensive plays were rushing plays, many of them resulting in two or three yards and a face of mud.

Tipton's defense focused on stopping Mid-Prairie senior running back Kayden Reinier, who was No. 2 in Class 2A with 17 rushing touchdowns and more than 1,000 yards. Carrying the ball 27 times, Reinier was held to 81 yards by a crushing defense.

Taking some of the pressure off Reinier, Bowlin kept the ball for 22 rushes and a bruising 117 yards and two touchdowns behind a senior offensive line that had cleared the path all season long.

The Golden Hawks defense gave the same attention to Tipton's ground game. Senior quarterback Payton Elijah rushed for 130 yards and two touchdowns and completed just 3-of-7 passes for 69 yards.

Elijah put the Tigers up 6-0 with a scoring run in the second quarter, but he broke the game open with an 80-yard touchdown run on Tipton's first offensive play of the second half. Taking the snap from center, he kept the ball, sprinted through a hole created in the middle of the line and cruised the rest of the way untouched on the longest play of the game.



PAUL D. BOWKER/THE NEWS

Mid-Prairie quarterback Vinnie Bowlin begins to celebrates as he runs into the end zone for a touchdown last Friday against Tipton.

The score gave Tipton an 18-0 advantage.

With 5:50 left in the third quarter, Bowlin scored his first touchdown from three yards out, then trimmed the score to 18-3 with a two-point conversion pass to Cain Brown.

Another Bowlin touchdown in the fourth quarter made things not only close, but reachable. Just like the season's opening game, Mid-Prai-

rie ran out of time to complete a comeback.

"We waited too long to get going," Cavanagh said.

### M-P STAT LEADERS

**Rushing:** Vinnie Bowlin, 22 carries, 117 yards, 2 TDs; Kayden Reinier, 27-81; Keegan Gingerich, 2-5.

**Passing:** Bowlin, 5-of-15, 68 yards.

**Receiving:** Gingerich, 4 catches, 68 yards.

**Defense:** Justice Jones, 12.5 tackles; Bowlin, 6.5 tackles; Reinier, 4 tackles.

# Injury turns Shetler into cheerleader for boys at qualifier

Thaddeus Shetler could only watch.

After weeks of training in a swimming pool, after all the painful days and careful rehab to avoid more injury, Shetler could only watch last Thursday in Williamsburg as his teammates on the Mid-Prairie boys cross country team headed for the starting line in a Class 2A state qualifier.

He was a cheerleader on what would become a memorable day for the Golden Hawks.

Jamie Stutzman finished second, defeating a state champion for the second straight race and leading the Golden Hawks to a second-place team finish and a spot for all seven varsity runners in Saturday's state championship meet in Fort Dodge.

Clearly, while the Mid-



Paul Bowker  
Sports Editor

Prairie girls won yet another team title on the way to Fort Dodge, the boys squad also had a big day. Stutzman hung in a lead pack of four for most of the race, and then pulled away from Danville's Alexander Julian and Comanche's Dylan Darsidan for a runner-up finish behind Danville's Ty Carr.

"He had a phenomenal race. He looked smooth," Mid-Prairie head coach Mark Hostetler said.

Nathan Wallington, Lucas Bontrager and Chandler Her-

shberger finished eighth, ninth and 10th, respectively, giving the Golden Hawks four spots in the top 10.

"Chandler, his last 800 meters, he was passing people right and left," Hostetler said.

Bontrager, said assistant coach Aaron Fleming, had "the race of his life. His determination was thrilling to watch. You could just see on his face that he was not doing to be denied this time."

Cheering them all on was Shetler, who still plans to run in the state championship meet Saturday.

If the Golden Hawks had him in Williamsburg, they may have won the state qualifier, Hostetler said, instead of finishing 23 points behind Danville/New London.

It all began with a lower leg

injury.

It took time and patience. Shetler spent a month in water training at the North Dodge Athletic Club in Iowa City. He didn't get back to running until last week. He was planning to run in the state qualifier, so one day Hostetler and Shetler dialed up the training.

"You need to kind of pick it up and run race pace, find out what's going to happen if you try to run race pace," Hostetler said he told Shetler. "I don't want you in the race feeling like you have to stay in and get hurt even more."

Thursday morning, the day of the state qualifier, the ankle felt worse. The injury spread to his Achilles.

It left Shetler standing under the Mid-Prairie tent Thursday afternoon and wondering

about not only the state meet but the 2021 season.

"There's always next year," he said with a shrug.

By then, maybe all this pain will be gone.

"It's unfortunate, but that's life," Hostetler said. "They have to learn from it. Disappointments. They've got to learn to run hard anyway even though Thaddeus isn't there. Some of them had trouble with that early on when Thaddeus was hurt. So if they learn the hard things in life from it, that's what we're here for."

In the meantime, the Mid-Prairie boys, including Shetler, march on Saturday with a run after their own state title.

Paul Bowker is sports editor of The News. He can be reached at sports@thenews-ia.com. Follow him on Twitter: @bowkerpaul.

## HOSTETLER/Continued from Page 1B

ners. Look behind Hostetler, and you will see nobody. It is a pace that is steady, regardless of hills or turns, and draws incredible looks from spectators who haven't seen her before and have a look that says something like, "Who is this girl?"

She is 14 years old.

And she is dominating an endurance sport that athletes three years older than her struggle with.

She is the only reason that Mid-Prairie twin sisters Sydney and Jaden Yoder haven't won a race, or nearly all their races, this season.

But this is a family. Before every race, the Golden Hawks gather in a pre-race huddle as members of other teams are doing practice run-outs from their starting positions, some of them glancing over to figure out which one is Danielle Hostetler. In the hour before a race, runners purposely go by the Mid-Prairie tent to get a glance. When a school has won three consecutive state championships and it has a freshman who is the fastest in the state, and another two freshmen who are All-River Valley Conference, then the attention is clear.

All seven Mid-Prairie runners qualified both individually and as a team for the state championships. Sydney and Jaden Yoder finished third and fourth, respectively, at the state qualifier, and were followed by No. 6 Mitzi Evans, No. 7 Abby Fleming, No. 12 Phoebe Shetler and No. 15 Ana Fleming.

That, said Mid-Prairie coach Mark Hostetler, was a Golden Hawks first.

"All seven of the girls qualified individually, which is really unusual," he said. "I thought they had a good effort. They ran smart. They did what they expected to."

"My team is amazing," Danielle Hostetler said. "I love every single one of the girls. They all give their heart out in all of the races and they work hard in our practices."

Oh, the practices.

Once summer practices be-

gan in August, Mid-Prairie's girls and boys cross country runners met at Wellman's city park at 7 every morning to run. But even before then. Iowa high school practices begin in August, but this group of Golden Hawks, they're out there in June and July, in March and April, pretty much all year.

"You get used to it," Hostetler said. "Almost the whole team ran six days a week year round, which is why we're so good. We know that if you put in the hard work, then you'll get good rewards."

That work ethic has existed in the Hostetler and Mid-Prairie family for years. Marie Hostetler, Danielle's older sister who is now a freshman at Liberty University, won the state individual championship the last three years. Anna, a junior at Liberty, won the state championship in 2016 ahead of runner-up Marie.

Mark Hostetler has coached them all. Gwen Hostetler, Danielle's mom, is often among the first to hug Danielle after a race. They praise God's glory after each race. Danielle is home-schooled in Parnell, just as her sisters were.

"They give me some running advice sometimes about how to push it," Danielle Hostetler said of her sisters. "They remind me to give God all the glory. I try to do that with every race."

As Danielle was winning the state middle-school championship last year, she watched Marie closely. They talked then and they talk now.

"Last year I just tried to encourage her and glean wisdom from her and just cheer her on," Danielle said.

It all leads to Saturday at Lakeside Municipal Golf Course in Fort Dodge, where Danielle will try to win both an individual and a team state championship as a freshman.

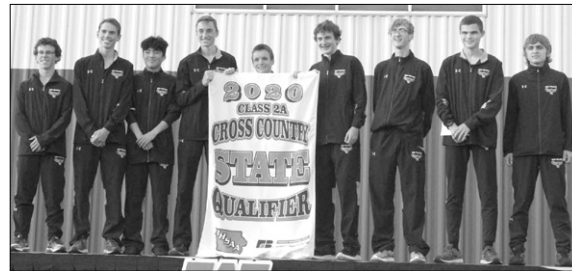
"My ultimate goal is to win state," she said. "That's what I was thinking on every summer day. Just that and being able to help my team by working hard."

## CLASS 2A STATE QUALIFIER CHAMPS



PAUL D. BOWKER/THE NEWS

The Mid-Prairie girls cross country varsity team poses for a photo after placing first in the Class 2A state qualifying meet held at Williamsburg. Below, the Mid-Prairie boys, who finished second.



## RESULTS

### CLASS 2A STATE QUALIFIER

#### OCT. 22 AT WILLIAMSBURG

**GIRLS 5K:** 1, Mid-Prairie, 21:2; Williamsburg, 49:3; Danville/New London, 1:04.

**GIRLS TOP FIVE:** 1, Danielle Hostetler, Mid-Prairie, 18:47; 2, Addison Parrott, Danville/New London, 19:19; 3, Sydney Yoder, Mid-Prairie, 19:30; 4, Jaden Yoder, Mid-Prairie, 19:31; 5, Ruth Jennings, Williamsburg, 19:53.

**MID-PRAIRIE:** 6, Mitzi Evans, 20:27; 7, Abby Fleming, 20:42; 12, Phoebe Stetler, 21:15; 15, Ana Fleming, 21:22.

**BOYS 5K:** 1, Danville/New London, 36:2; Mid-Prairie, 59:3; Williamsburg, 62.

### BOYS TOP FIVE:

1, Ty Carr, Danville/New London, 16:40; 2, Jamison Stutzman, Mid-Prairie, 16:46; 3, Alexander Julian, Danville/New London, 16:57; 4, Dylan Darsidan, Comanche, 17:06; 5, Harrison Garber, Williamsburg, 17:13.

**MID-PRAIRIE:** 8, Nathan Wallington, 17:50; 9, Lucas Bontrager, 17:51; 10, Chandler Hershberger, 17:56; 32, Mose Yoder, 19:20; 45, Daniel Rodgers, 20:20; 69, Sam Yoder, 21:48.

### CLASS 1A STATE QUALIFIER

#### OCT. 22 AT CASCADE

**GIRLS 5K:** 1, Hudson, 28; 2, Prince of Peace, 55.

**HIGHLAND:** 17, Taylor Sublette, 23:16; 20, Madison Thomann, 23:38; 39, Katelyn Walton, 27:35; 47, Fiona Mahler, 30:38.

**BOYS 5K:** 1, Bellevue, 56:2; Hudson, 58; 8, Lone Tree, 217; 10, Highland, 228.

**LONE TREE:** 28, Alberto Cortez, 20:23; 44, Nick Saltzman, 21:13; 47, Cale Christoferson, 21:20; 58, William Rockafellow, 21:55; 63, Jevy Brister, 25:29.

**HIGHLAND:** 42, Ethan Paisley, 21:09; 50, Carlos Valenzuela, 21:32; 55, Bryce Thompson, 21:50; 56, Jacob Roling, 21:53; 70, Jackson Schneider, 23:35; 71, Andrew Lana, 23:38; 84, Brendan Schneoben, 25:32.

## ANA/Continued from Page 1B

arms and grimacing athletes.

Mid-Prairie head coach Mark Hostetler has called Ana one of the best natural racers he's ever seen. The style Mark teaches is this: start steady, move up, finish hard. Simple enough, but since most other teams take off like crazy at the start it means you're usually behind your competition for the first mile. Coming from behind requires a lot of discipline and toughness from athletes as young as 14 years old. It's all the more difficult at the state meet, where the stakes are highest and youngsters give way to adrenaline and sprint off the starting line like it's a 400-meter track race instead of a 5,000-meter cross country race.

Ana started off to perfection that day. She started off with all nerves of steel, pacing like a veteran. Then her smile broke out as she moved up, picking off opponents one after another. The smile turned to grim determination as the race wore on, and she finished 10th overall, an All-State performance that helped the Golden Hawks to their first state championship.

With the race over, Ana's emotions finally spilled out. She launched herself into my

arms and burst into tears. I was shocked and more than a little confused. We just won state, what's this crying about? Is this happy crying or sad crying or I love you because you're the best dad in the world crying?

I'm still not sure, but although I'm as baffled as any other dad might be, I am a hugger so I'll take it!

You could say running is in Ana's blood. It's certainly a family tradition. I met her mom, Melissa, on the high school cross country team at Iowa Mennonite School in 1992. We were coached by Mark Hostetler before he moved to Mid-Prairie as head coach.

Ana's older brother, David, was a four-year letter-winner at Mid-Prairie. Abby, a freshman, finished 14th in her first conference championship and seventh in the state qualifier. Melissa has been a middle school cross country coach for eight years, cultivating the young careers of a string of Mid-Prairie greats.

Ana showed talent early on. She placed fourth at the statewide middle school meet as a seventh-grader, then brought home the gold medal a year later. Her competitive drive was obvious. She loved running because she loved competing ...



PAUL D. BOWKER/THE NEWS

Ana Fleming of Mid-Prairie finishes last week's Class 2A state qualifier in Williamsburg with a smile. She placed 15th.

and winning.

Ana's freshman season was a great start to her high school career. But just like a cross country course, her career has had twists and turns, ups and downs, joys and heartaches. She's been struck by the injury bug a couple of times, and had enough discouragement to make her think seriously about quitting.

She fought past the discouragement, though, and through

if she has grown into a powerful young woman. She has learned to speak up more, to lead, to share her mind, and express her feelings out loud. She has tackled other challenges, like trying out for jazz band, joining choir, getting a job and applying to top-notch colleges.

The personal growth has been timely for her running. Last spring Ana developed a new injury, a stress fracture that forced her to cross train

all summer while her team ran and gained ground on her.

As a consequence, her senior season hasn't been everything she might have dreamed of. And yet, she is quietly chasing a remarkable achievement, something that could never have happened if she had quit somewhere along the way: if the Mid-Prairie girls win again Saturday, Ana will be the first girl in school history, and only the eighth all-time in the state, to run on four consecutive state championship teams.

I know she would also love to finish with another All-State performance. Whether that happens or not, I know she'll be racing the Mid-Prairie way: starting steady, moving up, and finishing hard ... and smiling while she does it.

I look back in my memory and I see a little girl standing on the starting line. Saturday I'll look forward and see a young woman. And at the end of the race, this time I'm pretty sure that it's going to be Dad who bursts into tears.

Aaron Fleming is in his 16th year as assistant cross country coach at Mid-Prairie. If you're cheering for Ana, she'll smile wider if you pronounce it Ah-nah, not Anna.

## HIGHLAND VOLLEYBALL

## Proud Huskies fall to Holy Trinity in tourney

BY PAUL D. BOWKER  
The News

## FORT MADISON

Each Highland point produced a roar from the Huskies' corner of the gym more than an hour away from home.

In the first set of its Class 1A regional quarterfinal match against powerful Holy Trinity Catholic, the Huskies hung close at 7-5 and 11-6.

Junior libero Mackinze Hora dove to the floor for an attempted dig.

Senior outside hitter Kayla Cerna swatted the ball over the net.

Second set, same thing. The Huskies battled the Crusaders in their own gym at 8-6 and 15-11.

"It meant a lot," Highland junior Jalyrn Brown said.

The cheers grew loud from Highland spectators behind the Huskies bench while Holy Trinity supporters applauded politely and maybe even a bit nervously. The night ended with yet another sweep and 26th victory of the season for Holy Trinity, which is ranked No. 8 in the state.

The Crusaders won by scores of 25-15, 25-11, 25-4.

The one-sided third set reflected the determination of a Crusaders squad that is focused on contending for a state championship and the sheer exhaustion of a Highland team that had swept Lone Tree in the first round of the tournament two nights previous.

And then the emotions hit. The Huskies' head coach,

Gina Trower, was back home and not even on the trip because she was two days overdue with her first child.

Assistant coach Kurt Trout assembled the team immediately after the loss with one message: "You should be proud!"

Brown and other Huskie players fought back tears.

"This team really has become family," she said.

Highland (7-17) won three of its final six matches. The Huskies equaled the number of wins from the last two seasons combined, more than doubling their win total of 2019. They were the only losing team to win a set in the opening round of the Southeast Iowa Super Conference Tournament in September.

All were building blocks.

"You can't consider this season anything except a success," Trout said. "It really is starting to take the turn."

Cerna led the Huskies with four kills in her last high school match. Senior teammate Jenna Sands had a kill and four digs.

The Huskies' future includes freshman Sarah Burton, who had two kills against Holy Trinity; sophomore Dana Laughlin, who had a team-high seven assists; junior Carsen Mellinger, who had two aces, and a kill and a block; and Brown, who had a team-high three blocks.

Hora piled up a team-high 216 defensive digs, becoming one of the best liberos in the Southeast Iowa Super Conference.



PAUL D. BOWKER/THE NEWS

Highland libero Mackinze Hora attempts to make a defensive dig against Holy Trinity.



Dani Laughlin (3), a sophomore, celebrates with her Highland teammates after the Huskies scored a point in their Class 1A regional tournament match last week against Holy Trinity. The Huskies finished their season with seven wins, more than twice the number of victories they had in 2019.

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## 115 YEARS AGO NOV. 2, 1905

### Kalona

Kalona and Frytown will play a game of football at Wellman Saturday afternoon. Both are strong teams and play well, and no doubt this will be a good game.

This is the way they vent their spite in Nichols, according to the Gazette: "some low down cur who had a spite at our fellow townsmen, and who was too cowardly to come out in the open, took advantage of Mr. Doran's absence and daubed the front of his office window with red paint last Thursday night, and not satisfied with their work there went down to his home and after smearing paint all over the front of the house, threw the bucket of paint through the window and finally covered the carpet and furniture with red paint."

Editor Kalona News: In regard to the Rock Island Railroad changing the name of our town, on account of the similarity of the name to Colona in the state of Illinois, I should say "No" from the fact that there is not another post office in the United States named Kalona. The said town in Illinois is spelled and pronounced differently and had the word "Station" affixed, making it "Colona Station," which could not be taken for Kalona, Iowa.

It would be almost impossible to choose a name that is not now on the list of stations or post offices. There are 13 Kennells, 12 Joys and 18 Kelleys, 25 Highlands, so you can see that there are no great objections to having towns of the same name provided they are in different states. Why don't they get one of the Kansas City's to change their name? It cannot be done conveniently. Think of the many recorded deeds and plats and articles of legal form that would cause great trouble to the records of the town, without saying anything of the mail matter that would take 10 years—yes, 20 years—to correct. Think of parties leaving this place that might not hear of the change and wishing to write back to old friends, then to have your letters all go to Colona, Ill., or Kilonia, Louisiana, No, gentlemen, No! A.Z. Rawson.

"Say," queried the alleged funny man, as he entered the butcher shop, "what's pork worth a yard?" "Fifty cents," answered the butcher, "Well, I'll take a yard," said the A.F.M., tossing a half-dollar on the counter. The butcher pocketed the coin and handed the customer three pig's feet. "Say, what are you giving me?" asked the party of the funny part, indignantly. "A yard of pork—just what you asked for," replied the butcher. "Three feet make a yard, you know."

### Wellman

Samuel Masutt and Daniel Rogers, who can tell more big stories founded upon facts, than anybody except Charlie Hasty, have compiled a history of English River Township and Kalona, from the early days to the present time, and the same will be published in the new county atlas. The article is certainly interesting and contains much data that will increase in value as the years pass.

The sudden and very sad death of Willie Hicks occurred at the family home in the South Prairie neighborhood. The circumstances causing the young man's sudden demise are somewhat peculiar. On Sunday morning he was assisting his father in caring for some of the horses. The animals began kicking and the boy shouted at them to prevent them injuring each other. At the same moment he coughed violently and it's supposed he broke a blood vessel at this time. Medical aid was summoned at once and his condition was not thought very serious. He rested fairly easy most of the time until the end came Tuesday morning. His mother had been beside him caring for him and in about ten minutes she called him and on receiving no reply, hastened to him only to find his young life gone out as swiftly and as surely as a candle is extinguished by rude blast. The theory is advanced that internal bleeding formed a clot which affected his heart. There are lots of different opinions. Suffice it to say that the very best medical skill and loving care was freely bestowed to restore health but a higher power ruled otherwise and the bright spirit was called home to its maker. He was 20 years old and the youngest of a family of five boys.

Wesley Webster does the

proper thing in beginning housekeeping by subscribing for the Advance. It's a household necessity and none of our people just starting for themselves should keep house without it.

The old oatmeal factory at Riverside has been revived and is now running night and day. It furnishes employment for 15 people, and Riverside folks are beginning to think that their town isn't entirely dead, yet.

### Lone Tree

The boys were not very bad here on Halloween. A great many vehicles and other movable articles were piled up here and there but little destruction of property has been reported.

Bert Keeler brought in the largest load of ear corn ever unloaded in Lone Tree, Saturday. At 75 pounds to the bushel it weighed out just 70 bushels. One team brought it to town.

Courageous councils all over the state are passing the anti-spitting ordinance. There's no joke about it, this thing of spitting gobs and puddles here and there on the walks all over town should be "cut out."

The advertisers in this paper are receiving satisfactory returns for the money invested. The large circulation of this paper gives the merchants an exceptionally good opportunity to reach the people of Lone Tree and surrounding country.

A man out in Nebraska by the name of Burst, gave the census enumerator the names of his three children in fall and they were as follows: John Wood Burst, Nellie May Burst, and Charley Will Burst. This is in line with Senator Hogg of Texas, who named his two children Ima Hogg and Ura Hogg.

The weather profits are again making their guesses as to what kind of weather will be experienced during the coming winter. They say that inasmuch as the cornhusks are light, as the muskrats are building light houses, as the weather was fine when the sun crossed the line, as the goose bone is about all right, and inasmuch as several other signs are favorable they prognosticate that the winter will be mild and delightful, and that the climate will be more like California and Florida than like the winters experienced in the north for the past few years.

The typographical error is the curse of newspaperdom, especially the one that don't show up until after the whole edition is printed so the editor can do nothing about it but think cuss words.

## 100 YEARS AGO NOV. 4, 1920

### Wellman

Wellman women should look upon the few ballots spoiled, as a compliment to themselves. Those nine were probably spoiled by men. We heard of only two women who refused to vote, still believing it was "a man's job." One fellow contends that women are more partisan than men. They vote straight, but then they are more accustomed to the straight and narrow way, anyhow, Wellman women vote right.

J. Allen cast his 16th ballot for President of the United States at the election Tuesday. His first vote was cast for Fremont, Republican, who was opposed on the Democratic ticket by Buchanan, and on the Know-Nothing ticket by Fillmore. It was the first year that the Republican party had come into existence, taking the place of the Whig party, which was a dead organization from that time on.

The election at which Mr. Allen cast his first vote was held at the hotel of Isaac Farley, which was located north of the Wassonville Bridge. Mr. Allen is the only person surviving who voted in Lime Creek township at that time. He has always voted the Republican ticket and only five times out of 16 has he voted for the unsuccessful man.

### Lone Tree

After three increasingly severe epidemics of influenza during the past three winters it seems highly improbable to Dr. Donald M. Griswold, state epidemiologist at the University of Iowa, that there will be any unusual presence of the flu during the approaching cold season.

According to Dr. Griswold medical history records five epidemics of the flu during the past 100 years. Each of these has come in three waves of growing severity but the third wave, though resulting in the highest mortality rate, has been the last. Influenza was introduced in America with a mild attack in the spring of 1918, this was followed by a more severe epidemic during the early winter following, and in the late winter of 1919-20 the epidemic resulted in an alarming number of deaths. Now the danger is past.

Those who have had influenza and who have recovered need not fear any alarming tendency to further sickness, says Dr. Griswold. While the disease left its mark in any human system, he explains, the very fact that one survived indicates a certain ruggedness of health and physique. Dr. Griswold predicts that there will be no marked tendency to pneumonia or any other disease on the part of those 30 per cent of the people who had the flu.

Births during the years of 1918 and 1919 exceed the deaths in Johnson county by a good margin as shown by the reports of the Iowa State Board of Health. Under the law births, deaths, marriages and divorces are to be reported to the vital statistics department at Des Moines and violations are made subject to penalty.

The boys of Lone Tree took advantage of the fact that Halloween occurred on Sunday night this year and thus extended their mischief-making activities by turning out on three different evenings. Complaints have been coming from various residents of the town who had property damaged by the youngsters. Although the boys are entitled to their share of the fun on Halloween night, they sometimes go a little too far when they willfully destroy or hide property belonging to residents of the community, and they will get but little sympathy if such actions get them

into trouble.

## 85 YEARS AGO OCT. 31, 1935

### Kalona

Mr. Banks Mouser suffered injuries Tuesday when he fell from a triple wagon bed to the cement floor in his corn crib. He cut quite a gash over his left eye and bruised himself quite severely. His hurts are proving quite painful to him.

Stanley Dawson had one of his eyes badly bruised last Saturday while working on the Farmers Light and Power Company. In his work a brush switched back, striking him on the eyeball causing a disturbance in the eye which has affected the sight for the present. Luckily he had his eye closed, or it would have been much worse. It is improving, but slowly.

The new School-Community building plans are approved according to word received here from the Des Moines office Wednesday. It is a requirement of the federal government that actual work be started on any PWA project by Dec. 15, 1935.

It will be a great improvement for Kalona. A fine modern building for community activities will be at hand as well as an up to date school building for the Kalona Schools. It will be a fine asset to the town of Kalona in bringing county school activities to this town which have not been enjoyed here up to this time. All in all it is a good thing for the town and community.

### Wellman

WARNING In the next few days you will observe new traffic currency in the streets showing the rate of speed you are permitted to drive according to the ordinances of the town of Wellman, Iowa.

The loss of life and property on account of careless and reckless driving is a serious situation and we are going to try to make Wellman a safe place to drive in with your cars.

Backing your cars out from near a corner into an intersection is reckless driving. Turning in the streets is also reckless driving and the ordinances provide a heavy penalty for reckless driving.

## 70 YEARS AGO NOV. 2, 1950

### Kalona

First and second degree burns on his face were suffered by Floyd Geringer when radiator fluid from a tractor exploded.

The Kalona Locker plant owned and operated by T.V. Knerr since 1937 was sold last weekend to Curtis Figgins an employee for the past five years.

When Mr. Knerr opened his plant he began with 145 rented storage boxes. Now there is in excess of 400 in use.

Mr. Figgins having five years experience is well qualified to take care of the business. Jake P. Miller will continue to work in the cutting and processing department as he has in the past seven years.

A gang of hoodlums destroyed over \$500 worth of bug-

gies last Tuesday evening with Halloween as an excuse for their activity.

A pickup truck is known to have tried to bring a load of wheels into Kalona but they were sent on their way. It is reported that a pickup truck also circulated south of town and at least three fires were set in which case buggies were destroyed. In one case a man had just recently had his equipment rebuilt at a cost of \$118. The buggy was taken from the shed and taken to the end of the lane where it was burned. Four buggies are wrecked between Kalona and the east river bridge, one was even thrown into the river.

Some mothers sons should feel real proud of themselves for their actions last Tuesday night might have started as a prank but from observing the damage and destruction they caused they should be allowed some time to think over their wild ideas in a cell.

So far as is known there was no damage in Kalona although the business district was decorated with tractors, spreaders, old cars and implements, the young men used care in placing them and as one implement dealer stated we had more fun taking the stuff back than the fellows did in moving it.

Wellman Friday night at 9:30 they answered a false alarm at the Capper "Coffee Shop." The basement filled with smoke when the stoker on the furnace was empty, and was believed by the finder to be a blaze in the basement.

Duane Longwell, 25, of Wellman escaped injuries Wednesday night when the semi-trailer truck he was driving careened off the highway near Riverside and ripped away the front porch from the home of Miss Estelle Critz.

The freakish accident occurred on a sharp curve just east of Riverside on Highway 22 about 10 p.m. as Longwell was traveling towards town. Longwell told highway authorities that he lost control of the large empty stock truck. He said the truck skidded in the gravel at the edge of the road, sheared off a sign post and light pole, went up a small terrace on Miss Critz' yard, and crashed into the porch.

Miss Critz who lives alone, said the entire house shook as the truck plowed into the porch. She said she was "quite shocked" when she found the porch was gone and in its place was a semi-truck sitting just about one yard from the door. The porch, Miss Critz said, was a complete wreck except for the roof. Lumber from the floor, banister, and posts was scattered about her front yard. Longwell, who operates a stock yard in Wellman with his father, said the front end of the truck was badly damaged but no estimate had been made. He said he suffered no injuries.

Bill White received a fractured arm and other possible injuries at his farm home Monday when he was caught under the tractor wheels while he was operating. He was taken to the Mercy Hospital, Iowa City where the extent of his injuries is undetermined.



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