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WEDNESDAY
 Oct. 19, 2022

THE RED OAK
Express

LOCAL SPORTS
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Playoff bound

Charm Carpenter
 The Red Oak Express

The Southwest Valley Timberwolves and East Mills Wolverines have both earned a playoff berth in their respective classes.

Class A7 Southwest Valley finished the regular season 6-2, and 8-player district 9 East Mills finished 6-2.

Post season play begins Friday, Oct. 21, as teams in all classes compete for a trip to the Uni-Dome in Cedar Falls for the semifinals and finals to be played in November.

Southwest Valley travels to Madrid (6-2), on Friday, Oct. 21, as a third-place team competing against a second-place team in Class A.

East Mills will compete at Southeast Warren (8-1), on Friday, Oct. 21, as a

third-place team competing against a first-place team in Class 8-man.

There are 32 playoff qualifiers in eight-man and 32 playoff qualifiers in Class A.

Winners in both classes will advance to the second round. Four four-team pods will be drawn in both classes ahead of the second round.

See page 2B for the East Mills recap of Friday's win and 3B for Southwest Valley's recap of Friday's loss.



Right: East Mills QB Zach Thornburg scrambles with the ball in Friday's win over Stanton-Essex. The win pushed the Wolverines into the post season. (Charm Carpenter/The Red Oak Express)

Red Oak XC competes in H-10, preps for state qualifying meet

Charm Carpenter
 The Red Oak Express

The Red Oak cross country teams competed in Harlan on Thursday, Oct. 13, in the Hawkeye 10 Conference meet. The Junior High boys team placed second and JH girls finished fifth.

Red Oak varsity girls placed 10th, and had some JV runners, while the varsity boys did not field a complete team.

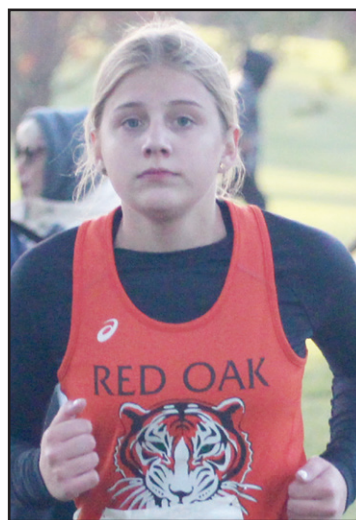
Boys team scoring: 1- Glenwood 38; 2- Lewis Central 75; 3- St. Albert 88; 4- Kuemper Catholic 118; 5- Atlantic 131; 6- Clarinda 136; 7- Harlan 163; 8- Denison-Schleswig 174; 9- Shenandoah 256; 10- Creston 266.

RO boys: 56- Joshua LeRette 19:55.47; 62- Ty Jenkins 20:19.23; 68- Bennett Stickland 20:51.19; 70- Bryce Williams 21:10.20.

Girls team scoring: 1- Glenwood 57; 2- Harlan 60; 3- Atlantic 61; 4- Denison-Schleswig 123; 5- Clarinda 132; 6- Lewis Central 155; 7- Kuemper Catholic 180; 8- Creston 200; 9- Shenandoah 260; 10- Red Oak 296.

RO girls: 55- Abby Pedersen 25:14.99; 61- Hope Schmadeke 26:16.04; 64- Michelle Grass 28:27.69; 65- Ella Johnson 28:32.36; 66- Kaysie Kells 28:50.82; 67- Haley Branam 28:50.82; 70- Tessa Rolenc

XC, Page 3B



Above: Hope Schmadeke and right: Bennett Stickland at the conference meet in Harlan on Thursday. (Alex Martin/Harlan Newspapers)

RO VB closes H-10 season with win

Charm Carpenter
 The Red Oak Express

The Red Oak Tigers defeated Denison-Schleswig on Tuesday, Oct. 11, for their last home game of the regular season with set scores of 25-8, 25-11, 25-12.

The Tigers finished set one on a 12-0 run with Olivia Bozwell behind the service line, and Merced Ramirez highlighted the serving in the third set, landing three aces in the 8-0 Red Oak run.

Red Oak: Bozwell one assist, three kills, eight digs, four aces; Lainey DeVries one assist, five kills, three digs, one ace; Maddie Doyle six digs; Alexis Wallace 16 assists, three digs; Tori Wendt one kill; Ramirez 11 assists, 10 kills, seven digs; Marley Gray five kills, one block, four digs; Jocelyn O'Neal four kills; Marissa Williams six kills, one block; Emily Sebeniecher six digs; Nicole Bond one assist, 11 digs, three aces.

Red Oak closed out the regular season in a tournament in Winterset on Saturday, Oct. 15,

RO VB, Page 3B



Above: Red Oak sophomore Kennedy DeVries dives to save the ball in the Pink Out win. Right: RO's Marley Gray (No. 9) leaps high for the attack as the Tigers defeated Denison in the Pink Out cancer awareness match. (Charm Carpenter/The Red Oak Express)

Tiger FB drops final district game

Charm Carpenter
 The Red Oak Express

The Red Oak football team fell 52-7 to Clarinda (5-3) on Friday, Oct. 14, ending the regular season 4-4.

Although Friday's game did not go the way Red Oak fans wanted it to, the Tigers have scheduled a week nine game with Chariton (3-5) in hopes of ending the 2022 season on a high note. The Red Oak football seniors have one more game to add to their stats, and at least four will be added into the school record books.

Clarinda started scoring quickly, leading 28-0 at the end of the first quarter and taking a 42-0 lead into the halftime. The Cardinals added another 10 points to the score in the third quarter, and the Tigers got on the board in the final minutes of the game with a Riley Fouts rushing touchdown.

Clarinda's Tady Brown rushed for 300 yards and scored all seven TDs for the Cardinals.

Red Oak: Passing: Chase Roeder 2/11 for 28 yards; Dawson Bond 1/2 for 18 yards. **Rushing:** Landon Couse 1/20 yards; Fouts 20/107 yards, one

TD; Bond 3/32 yards. **Receiving:** Bond 1/12 yards; Braden Woods 2/34 yards. **Tackles:** Roeder two; Adam Baier eight; Fouts 1.5; Bond 11.5; Brandon Hernandez 1.5; Jack Kling 1.5; Woods two; Aiden Bruce one; Jack Schmadeke four; Dante Baucom four; Jacob Eggers one; Baz Clear 1.5; Tyler Rinabarger .5; Logan Conn 2.5.

Red Oak will host Chariton on Friday, Oct. 21, with a kickoff at 7 p.m.

Right: Red Oak's Dawson Bond (No. 8) runs down the sideline for a short gain. (Bryan Clark/The Valley News)



To learn more, scan the QR code with your smartphone camera.

SummitCarbonFacts.com



Above: Stanton's Josh Martin (No. 4) rushes for some yardage at the game with East Mills on Friday, Oct. 14, as Gavin Ford (No. 12) blocks East Mills' Syllas Allen (white jersey No. 50). Right: East Mills running back Ryan Stortenbecker (No. 5) keeps moving as Stanton's Jonan Wookey (No. 42) dives and wraps his arms around his legs. (Charm Carpenter/The Red Oak Express)



Wolverines sink Vikings to advance

Charm Carpenter
The Red Oak Express

East Mills scored 10 TDs to defeat Stanton-Essex 69-8 on Friday, Oct. 14, and earned a first round playoff game, while the Vikings finished their regular season 4-4.

The Wolverines opened the game receiving the kickoff and within a minute and a half of play put 8 points on the scoreboard. East Mills continued to score on each of their possessions, finishing the first quarter with a 21-0 lead. The Vikings missed scoring opportunities in the first half and East Mills took a 28-0 lead into the halftime.

Continuous clock began in the third quarter as the Wolverines continued to find the end zone. Stanton-Essex' Dylan Reynolds scored the lone TD for the Vikings with a two-yard run, and Gavin Ford added the two-point conversion points.

Stanton: Passing: Nolan Grebin 1/1 for 32 yards; Josh Martin 8/18 for 65 yards; Ford 6/11 for 51 yards. **Rushing:** Martin 11/28 yards; Eli Davis 1/8 yards; Ford 16/66 yards; Ryenolds 1/2 yards, one TD. **Receiving:** Kywin Tibben 5/47 yards; Martin 4/62 yards; Simon Showalter 1/2 yards; Evan Gettler 3/19 yards; Ford 2/18 yards. **Tackles:** Tibben 3.5; Grebin .5; Martin five; Davis

1.5; Showalter 1.5; Gettler one; Ford four; Jonan Wookey 6.5; Preston Carpenter .5; Reynolds one. **East Mills:** Passing: Zach Thornburg 2/5 for 47 yards, one TD. **Rushing:** Caleb Urban 1/4 yards, one



Above: Stanton's Evan Hopf (No. 45) breaks through the block to charge the QB in the final home game on Friday, Oct. 14. (Charm Carpenter/The Red Oak Express)

TD; Ryan Stortenbecker 14/107 yards, three TDs; Mason Crouse 2/23 yards, one TD; Thornburg 5/33 yards, one TD; Davis McGrew 6/80 yards. **Receiving:** Stortenbecker 1/31 yards; McGrew 1/16 yards, one TD. **Tackles:** Urban 3.5; Stortenbecker 10; Matthew Haley 5.5; Crouse 5.5; McGrew six; Peyton Embree three; Jack Gordon one; Sheldon Vandenberg two; Jiri Brodigan 2.5; Brodyn Wray one; Jackson Embree three; Syllas Allen 2.5; Zach Biggerstaff one. **Fumble recoveries:** Haley one for 14 yards, one TD; Josh Baucom one. **Interceptions:** Urban one for 38 yards, one TD; P. Embree one for 21 yards; J. Embree one for 30 yards, one TD.

Stortenbecker finished the game with 11 kickoffs, all touchbacks and went 5/6 PAT.

East Mills continues its season with a first-round playoff game on Friday, Oct. 21, at Southeast Warren (8-1), with the kickoff scheduled for 7 p.m. The winner advances to round two playoffs the following Friday.

Stanton-Essex losses came from teams who have made the playoff in 8-player division, as well as one win over a playoff team, Martensdale St. Marys. A week nine game has not been scheduled at the time of print.

Stanton-Essex has four seniors exiting the program: Josh Martin, DJ Most, Kywin Tibben, and Jonan Wookey.

Nick's Picks VS. Charm's Credence



Record: 798-622-6
Season: 51-41-1

Nick says:

Somehow, for a second week in a row, I'm in a tie for first place in the pick 'ems rankings. I'm not sure how it happened but maybe the old saying that lightning can't strike twice is incorrect. Still, as poorly as I pick, surely it will all come to an end very soon. Who knows, perhaps it will even be this week.

New Orleans/Arizona: Saints?
Atlanta/Cincinnati: Hoping for the Bengals.

Detroit/Dallas: Cowboys maybe?
Indianapolis/Tennessee: Titans, naturally.

Green Bay/Washington: Why not the Packers?

Tampa Bay/Carolina: Go Panthers.
N.Y. Giants/Jacksonville: Giants, I believe.

Cleveland/Baltimore: Ravens, I'm sure.
N.Y. Jets/Denver: Broncos, possibly?

Houston/Las Vegas: Raiders, I'm guessing.
Seattle/L.A. Chargers: Seahawks fly to victory.

Kansas City/San Francisco: Chiefs.
Pittsburgh/Miami: Dolphins will swim to a win.

Chicago/New England. Sorry mom, it's probably going to be the Patriots.

Charm says:

The Rams looked better this week but we lost our most seasoned offensive lineman as Joe Noteboom went down with an ankle injury. I guess I shouldn't complain too loudly as Pdawg's Fins are down 19 players, including all three QBs. Apparently both Bridgewater and Tua passed the concussion protocols but Tua was still listed on the injury list and not able to play this past week.

Of course, Nick looked at the whiteboard and didn't realize he was reporting on the same results as last week because



Record: 888-536-6
Season: 50-42-1

I had not updated the board before he picked his teams. Oh Nick! With all the injuries you may wish to change your picks! You slid down this week and I am not sure you will reverse that direction.

Predictions in bold:

New Orleans @ Arizona

Atlanta @ Cincinnati

Detroit @ **Dallas**

Indianapolis @ Tennessee

Green Bay @ Washington

Tampa Bay @ Carolina

NY Giants @ **Jacksonville**

Cleveland @ Baltimore

NY Jets @ Denver

Houston @ **Las Vegas**

Seattle @ LA Chargers

KC @ **SF**

Pittsburgh @ **Miami**

Chicago @ **New England**

Again, it was a crazy week of football. I mean Pittsburgh actually won! And so did Washington! Am I wrong, or does it seem that the teams who "should" win have not been that successful this season?

The Eagles remain the only undefeated team, and with a brother-in-law who loves to say, "Fly Eagles, Fly!" it is a bit frustrating. At least I got to wear my "victory Monday" jersey this week.

I believe we will have a great week as it is our bye week!! I am hoping that all the Rams players can use this week to recover from injuries. I am also hoping that we come back from the break and take over the division; currently the Niners and Seahawks are sporting a 3-3 record along with my boys.

And maybe we have lost the only three games we will lose all season! And maybe we come back with the most amazing o-line in the league! And maybe this is what folks are talking about when they tell me I live in a different world than reality? Horns up, Ramily!

Court briefs, field reports

Charm Carpenter
The Red Oak Express

East Mills volleyball defeated East Union 3-0 on Thursday, Oct. 13, finishing the regular season 26-9.

The Wolverines soared to victory over the Eagles with set scores of 25-11, 25-7, 25-12.

East Mills: Jenna Thornburg one ace; Miah Urban 21 assists, two kills, five digs, three aces; Emily Williams nine kills, one block, 11 digs, one ace; Kobe Viner two aces; Mia Goodman four assists, one kill, one block, nine digs, three aces; Grace Escritt three digs; Audrey Boban eight kills, one block; Ryleigh Brodigan one kill; Loycee Palmer two kills, six digs; Jaimee Davis four kills, one block, one dig; Aspen Crouse seven digs.

Griswold volleyball wrapped up the regular season with a conference match in Sidney on Tuesday, Oct. 11, falling 0-3, with set scores of 25-19, 25-21, 25-22.

Griswold and East Mills cross country teams competed in Missouri Valley on Saturday, Oct. 15, to finish the regular season.

Boys team scoring: 1- Woodbine 25; 2- IKM-Manning 52; 3- Riverside 55; 4- East Mills 129; 5- Missouri Valley 135; 6- Griswold 158; 7- Heartland Christian 173; 8- West Harrison 208.

East Mills: 15- Steven Barrett 18:43.85; 17- Anthony Obermiller 99:10.28; 28- Camryn Johnson 20:10.17; 34- Cooper Stearns 20:44.18; 35- Walter Seipold 20:44.88; 48- Thoren Wade 24:54.15.

Griswold: 21- Nollan Smith 19:31.49; 22- Holden Jensen 19:31.83; 32- Bode Wyman 20:37.68; 40- Brayden Lockwood 22:02.27; 43- Tosh Feltner 22:32.58.

East Mills JV: 7- AJ Laramy 21:39.5; 13- Jordan Williams 26:23.5.

Griswold Girls: 37- Josephine Millikan 25:13.3.

Griswold football hosted West Harrison on Friday, Oct. 14, dropping the battle 52-16.

The 0-8 Tigers will host Siouxland Christian in a week 9 game on Friday, Oct. 21, kicking off at 7 p.m.



SWV runners-up in POI VB tourney

Charm Carpenter
The Red Oak Express

The Southwest Valley volleyball team cruised to a Pride of Iowa championship match with wins over Bedford and Nodaway Valley, last week.

Southwest Valley hosted the first round of the POI, playing Bedford on Monday, Oct. 10, after the Bulldogs defeated Wayne 3-0.

The Timberwolves took the win 3-1 with set scores of 25-15, 25-17, 21-25, 26-24.

"We started the night off strong and confident taking the first two sets," Southwest Valley head volleyball coach Lisa Sparks said. "Then we let Bedford get a little momentum on us in the third set. We came back firing in the fourth set for the win."

The Timberwolves had solid stats from every aspect of the match and averaged three aces a set.

Southwest Valley: Haidyn Top 10 digs, three aces; Maggie Haer four kills, 15 digs; Delaney Yates one kill; Katey Lillie 16 kills, two digs, four aces; Charlee Larsen one assist, 17 kills, one block, 15 digs, one ace; Ryanne Mullen 44 assists, one kill, five digs, two aces; Tierney Dalton 11 kills, three blocks, 14 digs, two aces; Jayley Schlapia one assist, five kills, two blocks, one dig.

Southwest Valley volleyball competed in Leon on Tuesday, Oct. 11, for the semifinal and final. The Timberwolves defeated Nodaway Valley 3-0 with set scores of 25-20, 25-11, 25-21 to advance to the final.

"We were able to start fast," Sparks said. "Our team hit well at the net with a positive hitting efficiency, and our serving was strong with multiple ace serves from a wide spread of players."

SWV: Top one kill, nine digs; Haer one assist, nine kills, one block, eight digs, one ace; Lillie one kill, four digs, two aces; Larsen four kills, six digs, four aces; Mullen 23 assists, two kills, two digs, one ace; Dalton 10 kills, six blocks, three digs, one ace; Schlapia four kills, one block.

With Southeast Warren's 3-1 win over Lenox in the other semifinal, the Timberwolves took on SEW Eagles for the championship, falling short 3-1 with set scores of 21-25, 25-16, 25-22, 25-21.

"We were able to build off our momentum from our previous win in the semifinals and take the first set," Sparks said. "We fought hard and came out second in the conference."

Mullen highlighted the match surpassing 1,000 career assists.

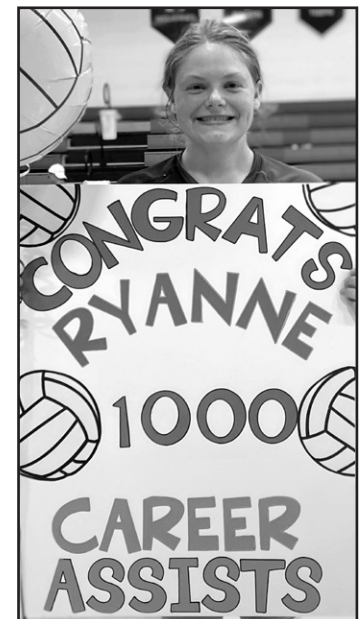
SWV: Top nine digs; Haer nine kills, 14 digs, one ace; Lillie six kills, one block, two digs; Larsen 13 kills, seven digs, one ace; Mullen 35 assists, nine digs; Dalton nine kills, two blocks, eight digs, one ace; Schlapia one assist, one block.

Southwest Valley volleyball fell to Shenandoah on Thursday, Oct. 13, ending the regular season 17-8.

"We started slow, allowing them to take the first set," Sparks said. "We fought and stayed with them the rest of the night, taking a win in the third set and extending the game to four sets. We were unable to stop Shenandoah's runs at the service line, and that kept us from opportunities to get the lead and take another set."

SWV: Top nine digs, one ace; Haer eight kills, seven digs; Lillie four kills, one dig; Larsen nine kills, six digs, two aces; Mullen 23 assists, six digs, one ace; Dalton eight kills, one block, 10 digs; Schlapia one kill, one block.

The Timberwolves host Mount Ayr in Corning tonight in regional action, beginning at 7 p.m.



SWV senior Ryanne Mullen reached 1,000 career assists (Photo submitted)



RO sixth grade VB wins tourney

The Red Oak sixth grade volleyball team traveled to Kearney, Neb. on Saturday, Oct. 15, and came home champions from the 28-team tournament. Pictured above, front row, from left: Mylee Johnson, Kaylee Erickson, and Jerzey Biggerstaff. Back row: Isabelle Miner, Addison Fouts, and Ellie O'Neal. (Julie Fouts)

At left: Griswold senior Aiden Kennedy set a school record for 8-player football as he caught seven passes in the game on Friday, Oct. 7. (Charm Carpenter/The Red Oak Express)

Local XC teams set for qualifying meets

Charm Carpenter
The Red Oak Express

The Southwest Valley cross country teams traveled to Afton on Tuesday, Oct. 11, to compete in the Pride of Iowa Conference cross country meet with the boys team finishing in sixth place. Southwest Valley girls did not field a team.

Boys team scoring: 1- Central Decatur 50; 2- Nodaway Valley 65; 3- Martensdale St. Marys 66; 4- Wayne 87; 5- Southeast Warren 91; Southwest Valley 157.

SWV: 33- Ashton Boswell 23:58.05; 37- Ethan James 24:31.48; 40- Matthew Means 26:04.11; 45- Sawyer Hensley 31:21.09; 48- Lucas James 32:18.43.

Girls team scoring: 1- Martensdale St. Marys 39; 2- Central Decatur 42; 3- Mount Ayr 53; 4- Wayne 88.

SWV: 41- Kya Newton 30:31.87; 42- Victoria Fletcher 30:39.06; 43- Karissa Richey 30:55.64; 49- Julia Means 42:54.43.

"Overall, the kids felt this was a challenging course, and the windy conditions affected their overall times as well," Southwest Valley head cross country coach

Jason Hulst said. "With one regular season meet left on our schedule before hosting state qualifying on our home course, the kids will have a few opportunities left to continue to improve and set new PRs before the season is over."

On Thursday, Mount Ayr hosted a cross country meet with Southwest Valley, Essex, and Stanton taking part in the invitational.

Southwest Valley freshman Ashton Boswell set a personal record and a new school record for freshmen boys with a time of 21:40.40 to lead the boys team.

Boys team scoring: 1- Maryville 40; 2- Grandview Christian 110; 3- Ankeny Christian Academy 130; 4- Nodaway Valley 132; 5- Martensdale St. Marys 135; 6- Tarkio East Atchison 135; 7- Clarke 151; 8- Savannah 160; 9- Southeast Warren 185; 10- Wayne 209; 11- Southwest Valley 333; 12- Bedford 333.

SWV: 75- Boswell 21:40.40; 96- Ethan James 23:16.69; 97- Brandon Cox 23:29.74; 101- Matthew Means 24:12.57; 119- Sawyer Hensley 27:17.55; 124- Lucas James 27:50.46.

Essex: 19- Tony Racine 19:15.05; 103- Ashon Kline 24:29.90; 115- John Staley 26:44.58.

Stanton: 74- Logan McQueen 21:38.56; 79- Zoey Allen

21:55.33; 108- Eric Kutzli 24:56.86; 113- Kyle Pastore 25:28.63.

Girls team scoring: 1- Mount Ayr 61; 2- Grandview Christian 65; 3- Savannah 84; 4- Tarkio East Atchison 108; 5- Martensdale St. Marys 116; 6- Wayne 122; 7- Ankeny Christian Academy 152; 8- CAM 184.

SWV: 67- Kya Newton 27:38.75; 68- Victoria Fletcher 27:49.43; 74- Karissa Richey 29:08.21; 86- Julia Means 40:58.74.

Essex: 12- Riley King 22:49.48; 75- Tori Sample 29:10.21.

Stanton: 33- Addi Olson 24:21.94; 69- Hannah Olson 27:53.09; 72- Ella Petersen 28:21.79; 79- Riley Burke 29:40.69.

Southwest Valley will host a Class 1A state qualifying meet on Thursday, Oct. 20 at Lake Icaria. Teams competing at this site are: Diagonal, East Mills, East Union, Essex, Fremont-Mills, Griswold, Grand View Christian, Heartland Christian, Lenox, Logan-Magnolia, Missouri Valley, Mount Ayr, Martensdale-St. Marys, Sidney, Southwest Valley, St. Albert, Stanton, Tri-Center, and Woodbine.

The Junior High division begins at 4 p.m. with the high school division to follow.

Calendar

Thursday, Oct. 20:

• East Mills, Essex, Griswold, Southwest Valley, Stanton XC @ Lake Icaria, state qualifying meet, 4 p.m.
• Red Oak XC @ Shenandoah, 4 p.m.

Friday, Oct. 21:

• Griswold FB hosts Siouxland Christian, 7 p.m. (week 9 game)
• East Mills FB @ Southeast Warren, 7 p.m.
• Red Oak FB hosts Chariton, 7 p.m.
• Southwest Valley FB @ Madrid, 7 p.m.

Monday, Oct. 24:

• Stanton hosts Class 1A region 1 semifinal, 7 p.m.
• Class 1A region 2 semifinal @ Sidney, 7 p.m.
• Class 2A region 3 semifinal @ Missouri Valley, 7 p.m.

Tuesday, Oct. 25:

• Class 3A regional VB final, TBD, 7 p.m.

Wednesday, Oct. 26:

• Class 1A regional VB final, TBD, 7 p.m.
• Class 2A regional VB final, TBD, 7 p.m.

JH Tigers medal 3 at state

Charm Carpenter
The Red Oak Express

The Red Oak Junior High cross country team competed in the Washburn Classic, middle school state cross country, hosted by the Iowa Association of Track Coaches, on Saturday, Oct. 15, in Ankeny. Three Tigers earned medals: Marlee Perrien, Eammanuel Grass, and Reese Montgomery.

Red Oak girls had two competitors, Perrien and Gabby Smith.

Perrien medaled with a 34th place in a time of 14:27 for the two mile course. Smith finished 117th with a time of 16:55.

There were 17 teams and 143 runners competing in the Class 2A girls race.

The Red Oak boys had a team in the Class 2A boys division and finished fifth out of 22 teams.

Grass led the Tiger team, finishing in sixth place in a time of 11:46. Montgomery places 16th with a time of 12:19 in his first season of cross country.

AJ Beeson completed his first season of cross country with a place of 123rd and time of 15:01; Hayden Heitbrink 79th with a time of 14:24; Pace Chaille 98th in a time of 14:06; Osiel Pedersen 58th with 13:24.

"Coach French and I are very pleased with the development of our junior high runners," Red Oak co-head cross country coach Curt Adams said. "Last year our boys team was 11th at this meet. We competed hard, had fun, and we roared like Tigers."

Viqueens sweep Essex; host post season play



Charm Carpenter
The Red Oak Express

The Stanton Viqueens (26-6, 4-1) defeated Essex (3-20, 1-5) 3-0 on Tuesday, Oct. 11, with set scores of 25-7, 25-8, 25-18.

Stanton: Kiela Franzen one dig; Brooklyn Silva seven assists, four kills, two digs, one ace; Lexi Frank one dig; Kyla Hart seven assists, one kill, one dig; Leah Sandin one assist, six digs; Abby Burke five kills, two digs; Lauren Johnson five kills, three digs; April Vanderholm one assist, one kill, one block, one dig, one ace; Marleigh Johnson two assists, four kills, one block, seven digs, two aces; Carly Roberts one block; Jenna Stephens two assists, 12 kills, six digs, two aces; Ely McDonald nine assists, one kill, four digs, one ace.

Essex: Brienne Johnson one assist, three kills, two digs, one ace; Brooke Burns 10 assists, one block, four digs; Tori Burns two assists, one kill, eight digs, two aces; Alex King four kills, one block, four digs; Addy Resh one kill, one block, one dig; Olivia Baker four kills, one dig; Cindy Swain two kills, one dig.

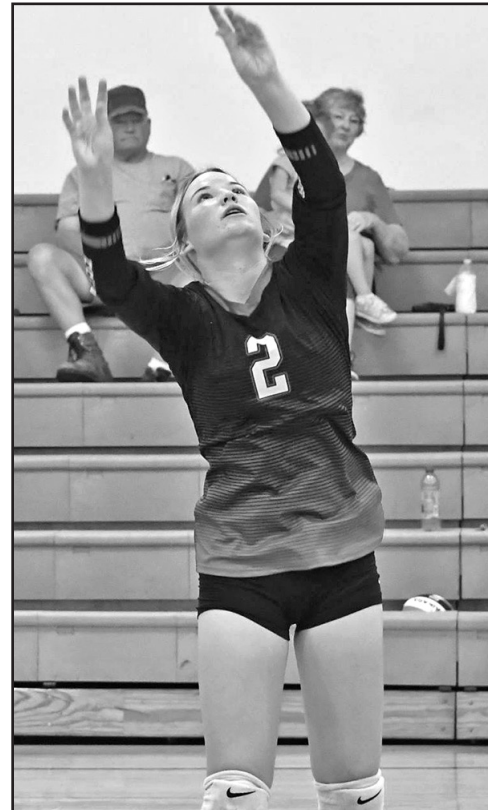
Essex has three seniors finishing their careers in the post season: Brienne Johnson, Olivia Baker, and Chloe Edie.

The 4-20 Trojannes competed in Malvern against East Mills (26-9) on Monday, Oct. 17. A complete recap of the match will be in next week's edition, along with Stanton's first round match against West Harrison (4-21) on the same night in Stanton.

Lewis Central

Stanton finished in fifth place on Saturday, Oct. 15, at the Lewis Central tournament, defeating Sidney in the fifth-place match. Lewis Central won their home tournament, going 4-0 on the day.

At left: Stanton senior hitter Marleigh Johnson leaps high for the attack. Stanton hosts a Class 1A region 1 match tonight with the winners from first round on Monday. (Charm Carpenter/The Red Oak Express)



Above: Essex setter Brooke Burns makes the set in the match with Stanton last week. (Bryan Clark/The Valley News)

In pool play, Stanton defeated Maryville 22-20, 15-21, 15-11. The Queens fell to Abraham Lincoln 21-15, 21-9, and Missouri Valley 21-17, 21-13.

Set scores for Stanton's win over Sidney were 21-15, 19-21, 15-7.

SWV FB finishes 3rd in district

Charm Carpenter
The Red Oak Express

The Southwest Valley football team (6-2) fell to Mount Ayr 33-14, but finished third in Class A district 7 to advance to a first round playoff game on Friday, Oct. 21 in Madrid (6-2).

The Timberwolves forced three Raider turnovers in the first quarter and the score was knotted at 6 at the end of that quarter. The Timberwolf defense made a huge stop right before the half time, keeping the Raiders out of the end zone and the score 14-6.

Mount Ayr came out on fire in the second half, scoring once in the third quarter and twice in the fourth, one being a pick six in the final minutes of the game. The Timberwolves were able to add one more score as Evan Timmerman ran one-yard with pure determination into the end zone.

SWV: Passing: Timmerman 1/10 for five yards, one TD; **Receiving:** Marshall Knapp 1/5 yards, one TD; **Rushing:** Timmerman 16/29 yards, one TD; Bradlee Grantz 12/91 yards; Isaac Currin 8/22 yards; Ely Rodriguez 5/4 yards; **Tackles:** Roman Keefe one; Timmerman 2.5; Devin Greenwall two; Grantz 3.5; Currin six; Rodriguez 7.5; Robbie Barnes 2.5; Colin Jacobs six; Dillon Inman three; Theron Mullen two; Knapp 10. **Fumble recoveries:** Timmerman two; Grantz one.

Bowling Results from Red Oak Lanes

Dick & Pat Myers League

10/09	Pins	W-L
1. Donut Stop	13709	22-10
2. Red Oak Lanes	15648	20-12
3. Powell Farms	12761	18-14
4. B & B Siding	15722	17-15
5. 6 Pack	13920	13-19

Team: Scratch Game: B & B Siding 695. Scratch Series: B & B Siding 2053. Individual: Scratch Game: Men: Chris Cox 227. Women: Jennifer Graham 209. Scratch Series: Men: Chris Cox 625, Wade Bullington 599, Dale Sawtelle 549, AJ Riley 527, Rick Gustafson 484, Brandon Powell 472, Phil Schoening 458. Women: Jennifer Graham 509, Nickie Cox 500, Kathy Burson 493, Roberta Orr 463, Nancy Bullington 449, Pam Schoening 446, Kayla Riley 427.

Business Men

10/11	Pins	W-L
1. Davis Taylor Ins.	18143	20-8
2. Green Valley Chem.	20221	16-12
3. Newman Upholstery	19895	16-12
4. Subway	18333	15.5-12.5
5. B & B Siding	18446	15-13
6. Fareway Meats	16857	14-14
7. The Destroyers	19272	9.5-18.5

Team Scratch Game: Green Valley Chemical 1142. Scratch Series: Green Valley Chemical 3161. Individual Scratch Game: Brian Wade 257. Series: Brian Wade

689, Chris Cox 677, Justin Schultz 665, Doug Plambeck 659, Zander Steiner 648, Stephen Orr 616, Jule McCuen 615, Tristan Piper 600, John Harris 600, Nathan Guffey 588, Brian Gilbert 586, Phil Schoening 568, Dale Sawtelle 564, Xavier Steiner 563, Leo LaFrance 550, Corey Marsden 545, Jon Piper 544, Tim Kammerer 540, Dennis Westover 531, Ed Philpott 531, Johnathan Ernst 530, Ken Van Wyhe 515, Vincent Orr 508, Rick Gustafson 504.

After Lunch Bunch

10/13	Pins	W-L
1. Haley's Electric	11638	13-7
2. Red Oak Pharmacy	11664	12-8
3. Toy Bunker	11524	9-11
4. Red Oak Glass	11467	6-14

Team: High Game: Red Oak Glass 566. High Series: Red Oak Glass 1614. Team: Handicap Game: Red Oak Pharmacy 841. Handicap Series: Toy Bunker 2349. Individual: High Game: Sherry Gray 197. High Series: Nancy Bullington 451.

Strikers

10/08	Pins	W-L
1. The Sandbaggers	9293	20-0
2. M.C.H.	8535	15-5
3. Pinheads	6266	15-5
4. Team #7	6343	10-10

5. Snow Leopards	5984	9-11
6. Twilight Wolves	5177	6-14
7. Turkey's	4698	3-17
8. Bye	0	2-18

Individual Scratch Game: Boys: Logan McCuen 197. Girls: Raevyn Lucas 184. Scratch Series: Boys: Logan McCuen 561. Girls: Raevyn Lucas 423.

Games 100 and above: Raevyn Lucas 116, 184, 123; Callie Cox 140, 101, 114; Madi Moyer 105, 142; Myah Gilleland 103; Vivian Lucas 102, 125, 107; Derek Kuipers 115, 111; Clay Culver 133, 151, 187; Logan McCuen 182, 182, 197; Brandon Cox 144, 172, 190; Casey Johnson 119, 133, 117; Newt Murren 129, 130, 129; Seth Lydon 127, 103; Cale Hall 157, 178, 147; Owen Blystone 119, 112; Kaleb Sebeniecher 101, 111; Sawyer Bruce 100; Maddex McCunn 127, 156, 131.

Mavericks

10/13	Pins	W-L
1. Raven Claw	1713	13-2
2. Evil Gummy Bears	1477	12-3
3. Team America	1421	11-4
4. Red Oak Tigers	997	6-9
5. Unicorns	602	2-13
6. Team #1	384	1-14

Team: Scratch Game: Raven Claw 206. Scratch Series: Raven Claw 334. Handicap Game: Raven Claw 306. Handicap Series: Raven Claw 534. Individual Scratch

Game: Boys: Oliver Davis 89. Girls: Jena Sloan 71. Scratch Series: Boys: Gary Derr 157. Girls: Jena Sloan 121.

Games 50 and above: Paetyynn Houston 66; Jena Sloan 71, 50; Owen Shearer 79, 71; Beau Vannausdle 58; Kaithan Woodruff 55, 63; Landon Vannausdle 59; Oliver Davis 64, 89; Gary Derr 81, 76.

Wildcats

10/13	Pins	W-L
1. The 3 Musketeers	2908	15-0
2. Team Pickles	2516	12-3
3. Dream Team	1751	7-8
4. Dill Pickles	1834	6-9
5. The One's	1473	4-11
6. Tigers	1051	1-14

Team: Scratch Game: The 3 Musketeers 317. Scratch Series: The 3 Musketeers 614. Handicap Game: The 3 Musketeers 405. Handicap Series: The 3 Musketeers 790. Individual Scratch Game: Boys: Carter Weston 177. Girls: Neyali Pedersen 95. Scratch Series: Boys: Carter Weston 303. Girls: Neyali Pedersen 181. Games 75 and above: Lilly Moyer 89; Neyali Pedersen 86, 95; Carter Weston 126, 177; Damon Roby 140; Aydden Clark 117, 117; Noah LaPrel 77; Kaidyn Brouseau 81; Brayden Sowers 94, 92; Christopher Akers 77.

RO VB

CONTINUED FROM PAGE 1B

finishing the day 3-2 on the day and finished second with wins over Webster Clay (21-17, 21-14) and Winterset (21-11, 21-19).

The Tigers fell to Greene County (19-21, 21-16, 15-12) in pool play, but advanced to bracket play.

Red Oak defeated South Central Calhoun (22-24, 25-23, 15-13) in the semifinal.

Red Oak fell to Norwalk (21-12, 21-17) in the championship match.

RO combined stats: Bozwell

two assists, 16 kills, one block, 19 digs, two aces; Maddie Doyle two assists, two digs; L. DeVries one assist, 15 kills, six blocks, seven digs; Wallace 47 assists, 11 digs, three aces; Ramirez 52 assists, 23 kills, two blocks, 28 digs, four aces; Gray 19 kills, one block, 20 digs; O'Neal one assist, 25 kills, six blocks, six digs; Williams one assist, 17 kills, two blocks, six digs; K. DeVries 16 digs; Bond eight assists, 35 digs.

The Tigers finished regular season play with a 22-15 record.

XC

CONTINUED FROM PAGE 1B

29:18.75.

RO JV: 39- Ashley Schmid 28:29.10; 45- Jaide Larson 32:59.53.

Junior High boys team scoring: 1- St. Albert 38; 2- Red Oak 75; 3- Lewis Central 87; 4- Shenandoah 120; 5- Harlan 122; 6- Atlantic 124; 7- Denison-Schleswig 147; 8- Glenwood 153.

RO boys: 2- Emmanuel Grass 11:42.32; 4- Reese Montgomery 12:16.70; 12- Pace Chaille 12:48.71; 28- Osiel Pedersen 13:23.08; 35- Hayden Heitbrink 13:36.91; 64- AJ Beeson 15:19.92; 73- Aidan Aulet 16:31.87; 83- Tony Pedersen

21:44.92.

JH girls team scoring: 1- Glenwood 35; 2- Harlan 44; 3- Lewis Central 60; 4- Clarinda 117; 5- Red Oak 152; 6- St. Albert 152; 7- Creston 165; 8- Kuemper Catholic 193.

RO girls: 18- Gabby Smith 14:18.98; 19- Marlee Perrien 14:20.51; 38- Cate Horn 14:59.53; 41- Maddy Lopez 15:05.86; 83- Gillian Heim 18:09.26; 89- Rylee Eters 19:28.04.

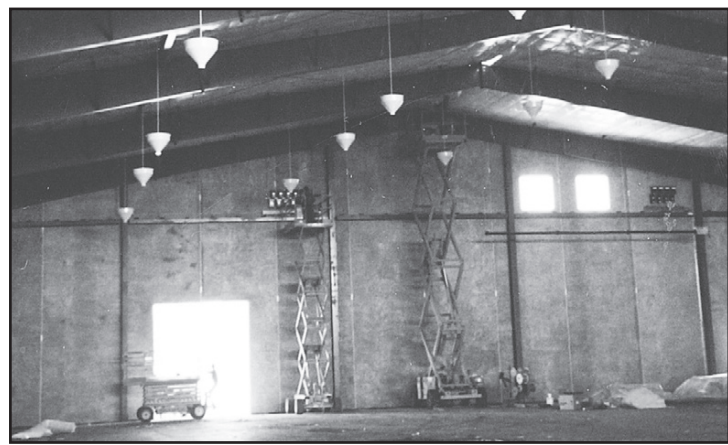
Red Oak will compete in Shenandoah on Thursday, Oct. 20, at the state qualifying meet beginning at 4 p.m.



At left: Red Oak senior Joshua LeRette competes in his final Hawkeye 10 Conference meet. (Bryan Clark/The Valley News)



**"WHERE THE COMMUNITY COMES TOGETHER"
HAPPY BIRTHDAY**



The Carder Tennis Center taking shape.

As the weather subtly changes from twirling colorful leaves in the wind to more blustery breezes with touches of frost and the promise of snow, we pause to remember the breaking of ground for the Montgomery County Family YMCA at 101 E. Cherry St. on Oct. 23, 2000. A light dusting of snow covered much of the ground as a few ceremonial shovelfuls of black earth were deposited. The Carder Tennis Center opened later in December 2001. None of this would have been possible without the many donors or volunteers who helped first establish the Y in Red Oak on March 25, 1995, as a small store front after a successful founder's campaign in 1994 raised \$200,000.

Since that time, the building has been carefully maintained and improved upon such as when a racquetball/squash/wallyball court was added in 2003 named the Kent & Jean Webb Family Court for Kent Webb's campaign leadership and serving as the project's largest

donor. New cardiovascular health wellness fitness equipment was installed in 2004. New locker room flooring was added in 2010. New main floor carpeting was put in in 2011. In 2013 the YMCA added facility accessibility modifications to support pool accessibility. The YMCA raised over \$101,000 of the \$90,000 project for a new make-over of the YMCAs wellness/fitness center equipment. Also new efficient lighting was part of the project for the wellness/fitness center and the indoor running/walking track. The new lighting and equipment were installed in mid-August 2014. Repairs were conducted in 2015 after a major hailstorm in the spring of 2014 with the Y installing a new metal tennis center roof, new gutters around the entire tennis center, new flashing around the entire YMCA, new metal front entrance awning and original building gutters painted. Also in 2015, new efficient LED lighting for the YMCAs Wilson Aquatics Center and Wilson Gymnasium

was installed. The YMCA Carder Indoor Tennis Center Facility Enhancement project (new LED lighting, new tennis nets, repainting the entire tennis courts the ATP blue colors and painting the blended tennis lines for more youth and family tennis play) was completed in 2016. Plastic low maintenance lockers for the special needs' locker room, water heater, special needs exercise equipment and new stairway flooring to the YMCAs indoor track, wellness and fitness center areas were added in 2016 as well. Summer 2018, the YMCA closed its pool for interior restoration work. Handicap accessible doors were added to the private locker rooms in 2019, and the showers in each locker room were updated by Bath Fitters of Omaha. The floor in the Wilson Gymnasium was damaged during the spring of 2019 due to the excessive snow melt and rain that occurred dur-

ing February – April 2019 and was repaired in May of 2020. A new Natatorium Dehumidification Unit for the Wilson Aquatics Center was installed in 2020 and new flooring in the Helen & Nancy Murphy Fitness Center. In 2021, the YMCAs new water feature, "Leaf Crown," was installed and operational. Spring 2022 new HVAC equipment was installed on the roof. The building may have changed over the years, but dedication to the YMCA core values have not.

We now celebrate our "Birthday Week" in October with drawings each day for our members with the winners receiving gift cards from local businesses Monday through Thursday and on Friday, special college-themed gift bags from the Iowa State Cyclones and the University of Iowa Hawkeyes donated by Shirley Billings. Membership specials all month

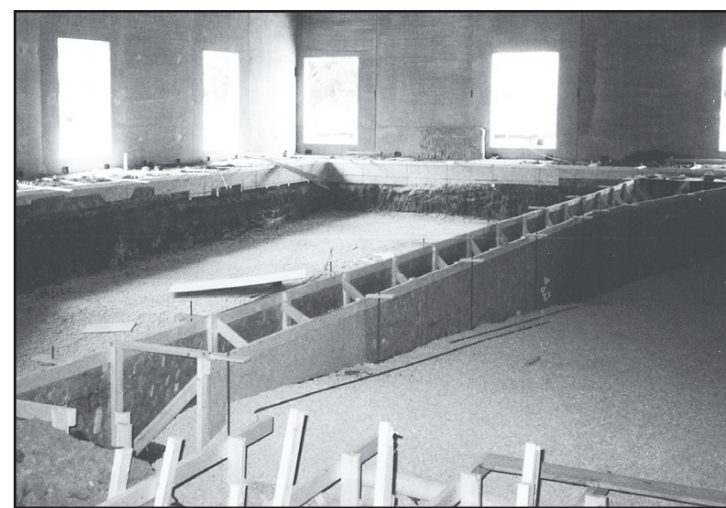
long are available for those who wish to join. This year the Birthday Week will be Monday, Oct. 24 – Friday, Oct. 28, and will end with the 13th Annual Mystery Drop on Sunday, Oct. 30. During the Mystery Drop you have a chance to win through ticket purchase \$500, \$1,500, or even \$5,000. (Grand prize winner can earn an extra \$500 just for being present.) Only 300 tickets are available and must be purchased before Saturday, Oct. 29 at 3 p.m. Split it with your friends! A DJ and refreshments will be available when the festivities start at 12:30 p.m. with the "Big Drop" occurring at 1 p.m. in the football/baseball field parking lot.

Last year's Mystery Drop was postponed due to inclement weather and was held on Halloween. Aaron West from KCSI/KOAK Radio had the privilege of being hoisted 75 feet up in the air by the aerial firetruck to drop the designated tennis balls onto the grid marked below, a feat that he later mentioned made him feel like he was on the moon. Music and public address announcements were provided by DJ Greg Brower and treats were provided by the Togetherhood Committee and other volunteers. All 300 tickets sold. The Mystery Drop's funds go towards the Y's program activities, additional facility enhancement projects, equipment replacements, and a small portfolio goes towards the Y's annual campaign and endowment programs.

The winners the previous year were: \$500 – Bill Wombacher, \$1,500 – Kathie Bell, and \$5,000



Grace Blomstedt dropping the tennis balls for a previous Mystery Drop.



The design of the Wilson Aquatics Center is laid out.



Last Year's coed volleyball champions for the 2021-22 coed open volleyball season was Dig For Days. (Photo submitted)

OPEN VOLLEYBALL LEAGUE REGISTRATION AVAILABLE

The Montgomery County Family YMCAs coed open volleyball league 2022-2023 season is now open for registration.

The deadline to be registered is Wednesday, Nov. 2, with a captain's meeting held at 6:30 p.m on Nov. 2.

League play will commence the following day on Thursday, Nov. 3, and run until the end of January 2023 at which time the playoffs will begin.

Games will be held every Thursday evening at 6:45 p.m. in the Wilson Gymnasium.

Anyone interested in joining the YMCAs coed open volleyball league may register online at mcmca.com or give the Y a call at 712-623-2161. All area athletes are invited to get a group of volleyball players together and join in the fun this winter.

Interested parties can also get more information about the YMCA online by visiting the YMCA on Facebook at facebook.com/MontgomeryCountyFamilyYMCA, or by visiting the Y's website at mcmca.com.

BUSINESSES OF THE QUARTER

The Montgomery County Family YMCA would like to honor the businesses of Burger King, KFC, McDonald's, Pizza Hut, Scooters, and Taco Bell as our Businesses of the Quarter for the next quarter from October through December.

All employees of the above-mentioned companies and their immediate families will receive a free membership to the YMCA until Dec. 31, and they can stop in and use the facilities until Dec. 31. This does not apply to current members.

The Round Table recognizes those who support the goals and objectives of the Montgomery County Family YMCA through donations in three different categories: Gold (\$1,500), Silver

(\$1,000), and Bronze (\$500).

The Round Table Program gives the YMCA the ability to pursue the YMCA's three areas of focus, which are Youth Development, Healthy Living, and Social Responsibility by partnering with businesses throughout the community. The program gives businesses the opportunity to make an annual one-time contribution to the YMCA which will be put toward the annual campaign, endowment, or specific programs the business might choose to support.

Want to know how to become a Round Table participant? Simply contact Executive Director Carrie Shalters by email at cshalters@mcmca.com or by phone at 712-623-2161 for more information.



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MONTGOMERY COUNTY MEMORIAL HOSPITAL

Montgomery County Memorial Hospital Bills Paid April 1, 2022 to June 30, 2022		
Vendor Description	Amount	
3M HEALTH INFORMATION SYSTEMS	20,926	
A AND D TECHNICAL SUPPLY CO.	110	
AAHAM	339	
AAAA	295	
ABBOTT DIAGNOSTICS	3,497	
ABLE LOCKSMITHS	3,050	
ACUMED	504	
ADRIAN GUERRA	16	
ADVANCED STERILIZATION PRODUCTS INC	2,608	
ADVANCED VASCULAR AND VEIN CENTER	26,478	
AESCULAP	131	
AETNA	93	
AETNA	186	
AETNA Senior Supplement	97	
AETNA Senior Supplement Ins.	121	
AETNA SENIOR SUPPLEMENTAL	2,044	
AGRIVISION EQ GROUP	36	
AIR SAFE, LLC	4,330	
ALCO SALES AND SERVICE CO	235	
ALCON VISION, LLC	35,473	
ALLEN MEDICAL SYSTEMS INC	176	
ALLIANT ENERGY/IPL	906	
AMAZON CAPITAL SERVICES	7,407	
AMBU INC	318	
AMERICAN COLLEGE OF RADIOLOGY	3,200	
AMERICAN HEART ASSOC	260	
AMERICAN HEART ASSOCIATION	3,580	
AMERICAN RED CROSS	20,441	
AMERICAN REPUBLIC INSURAN	600	
AMERISOURCE BERGEN DRUG CORP	680,509	
AMERISOURCE BERGREN 340B	607,645	
AMY ELWOOD	100	
ANDERSON ERICKSON DAIRY CO	2,888	
ANDERSON LOCK	999	
ANGELA KERCHNER	20,787	
ANNE SMILEY	208	
APPLIED CARDIAC SYSTEMS	657	
ARAMARK	1,052	
ARINDA REHER	25	
ARJO INC.	3,061	
ARROW INTERNATIONAL INC	281	
ARTHREX	9,731	
ASHE/AHA	150	
ASHLEY BROWN	499	
ASHLEY KLINDT	100	
Asset Protection Unit Inc	1,463	
ASSET PROTECTION UNIT INC.	3,751	
ASSURED PARTNERS GREAT PLAINS, LLC	3,449	
A-TEC RECYCLING INC.	926	
AUREON IT, INC	30	
AUTOMATED PRINTING, INC.	3,238	
BAIRD HOLM LLP	8,695	
BARD ACCESS SYSTEMS	1,222	
BARD PERIPHERAL VASCULAR	2,565	
BARR TIRE- AUTOMOTIVE SERVICE CENTER	316	
BATTEN SANITATION SERVICE, INC.	7,791	
BATTERIES PLUS	239	
BAYER HEALTHCARE	6,886	
BAYMEDICAL PRODUCTS	75	
BEAVER-VISITEC INTERNATIONAL, INC.	287	
BECKMAN COULTER, INC.	7,483	
BECKY PRITCHARD	62	
BEKLEY CORPORATION	1,205	
BIOCOMPOSITES INC	4,425	
BIOMERIEUX, INC.	4,026	
BIO-RAD LABORATORIES, INC	11,989	
BOSTON SCIENTIFIC CORP.	27,573	
BRACCO DIAGNOSTICS INC.	1,928	
BRENT PERDUE	905	
BRIANNA SCHAFFER	133	
BRIGHTGUARD LLC	541	
BROWN'S MEDICAL IMAGING	15,934	
BRYAN TELEMEDICINE	182,752	
C.R. BARD	197	
CADWELL LABORATORIES INC	4,345	
CAMBLIN MECHANICAL, INC.	2,413	
CARDINAL HEALTH	118,131	
CARDINAL HEALTH 340B	19,322	
CAREFUSION SOLUTIONS, LLC	63,685	
CARIS MPI, INC	471	
CARLA'S CLEANING	6,800	
CASS COUNTY MEMORIAL HOSP	1,500	
CASLING	12,265	
CENTURYLINK	142	
CEPHEID US	22,747	
CERNER CORPORATION	183,050	
CHANGE HEALTHCARE	1,671	
CHAT MOBILITY	2,674	
CHERYL COATES	190	
CHIME	395	
CHRISTIAN BUSINESS ASSOC	125	
CHRISTIE WELTER	300	
CHRISTINA McLAIN	103	
CHRISTOPHER OLSEN	1,205	
CINTAS CORPORATION	1,984	
CIOX HEALTH	814	
CITY OF RED OAK	4,986	
CITY OF RED OAK AMBULANCE SERVICE	400	
CITY OF VILLISCA MUN UTILITIES WATER & SEWER	231	
CIVCO MEDICAL INSTRUMENTS	421	
CLARINDA REGIONAL HEALTH CENTE	18,142	
CLEAVER BROOKS SALES & SERVICE	9,860	
CLIA LABORATORY PROGRAM	3,550	
COBEX RECORDER	63	
COMPRESSION DYNAMICS,LLC	396	
CONTINENTAL RESEARCH CORP	3,966	
CONTROL SERVICES, INC.	11,416	
COOPERSURGICAL(PRISM HEALTHCARE)	241	
COTIVITI	116	
COUNSEL	1,838	
COURTNEY MccOY	170	
COVIDIEN SALES LLC	12,968	
CR GRAPHICS	1,053	
CRESCENT ELECTRIC SUPPLY CO	459	
CROW LAWN CARE LLC	350	
CRYSTAL WAYMIRE	1,948	
CULLIGAN OF ATLANTIC	996	
CULLIGAN OF PERCIVAL	182	
CULLIGAN WATER OF SOUTH IOWA	618	
CYNCHHEALTH	4,434	
DAIKIN APPLIED	1,169	
DELASCO, LLC	452	
DELTA DENTAL OF IOWA	50,624	
DENNIS STOCKSLEGER	151	
DENNIS ZENOR	166	
DENNY'S PARKING LOT STRIPING	750	
DEROYAL INDUSTRIES, INC.	106	
DEVICOR MEDICAL PRODUCTS, INC.	3,550	
DIANA PATTERSON	173	
DJO GLOBAL, LLC	605	
DMACC	1,318	
DR. BRIAN COUSE MD	6,900	
DR. EDUARD GRASS	578	
DR. JAMES FROCK	7,200	
DR. MARK KEMP	26,269	
DR. ROBERT CLEMONS	48,597	
DRAEGER INC.	6,010	
DREW SCI/JAS DIAG/ERBA	3,838	
DUANE HARRIS	61	
EARTHGRAINS BAKING COMPANY	695	
ECHO GROUP INC	61	
EGAN SUPPLY CO	647	
ELECTRONIC ENGINEERING CO	2,580	
EMERGENCY MEDICAL PRODUCTS	38	
EMERGREEN MEDICAL SERVICES, INC	2,035	
FAREWAY	342	
FARMERS MUTUAL TELEPHONE CO	12,412	
FARNER-BOCKEN COMPANY	7,925	
FASTENAL COMPANY	33	
FASTHEALTH CORPORATION	2,100	
FASTSIGNS	70	
FEDEX	1,450	
FELD FIRE	600	
FENWAL INC	1,315	
FIRST NATIONAL BANK OF OMAHA	27,672	
FISHER SCIENTIFIC COMPANY	8,944	
FOLLETT LLC	1,110	
FRAN YOUNG	100	
FRED'S TRASH SERVICE	60	
FUSION MEDICAL STAFFING, LLC	7,675	
FVI SCHOOL OF NURSING AND TECHNOLOGY	2,926	
GALE BINGHAM	28	
GE HEALTHCARE	3,273	
GI SUPPLY	390	
GLAUKOS CORPORATION	11,417	
GLEN HAVEN VILLAGE	1,000	
GOODWIN TUCKER GROUP	609	
GRAINGER	6,300	
GREAT AMERICA FINANCIAL SERVICES	8,984	
H&R ACCOUNTS, INC.	45	
HEALTH CARE LOGISTICS	820	
HEALTH ENTERPRISES	4,500	
HEALTH PARTNERS OF SOUTHWEST IOWA	27,022	
HEALTHCARE INFECTION CONTROL SOL	2,288	
HEALTHCARE SOURCE HR, INC.	4,772	
HEALTHLINK INC.	16	
HEALTHSTREAM	316	
HEALTHY TURF LANDSCAPING	140	
HEARTLAND BUSINESS SYSTEMS, LLC	15,863	
HENRY LATUS	132	
HEWLETT-PACKARD FINANCIAL SERVICES COMPANY	103,177	
HFMA	550	
HILL-ROM	2,386	
HOBBS MEDICAL, INC.	450	
HOLLY CROWELL	68	
HOLLY JORGENSEN	2,380	
HOLOGIC, INC.	1,472	
HOMETOWN FLORIST	40	
HY VEE INC - DES MOINES	21,440	
HYGIENA LLC	831	
HY-VEE FOOD STORE	1,589	
ICU MEDICAL	1,299	
IMMUCOR, INC.	1,268	
IMPRIMISRX	13,289	
INFUSYSTEM, INC	395	
INNOVATIVE MEDICAL PRODUCTS	165	
INSIGHT	38,989	
INTEGRA LIFESCIENCES CORP	165	
INTELLICORP RECORDS, INC.	388	
IOWA ASSOCIATION OF RURAL HEALTH CLINICS	250	
IOWA BOARD OF PHARMACY	180	
IOWA DIVISION OF LABOR SERVICES	235	
IOWA FIRE CONTROL LLC	600	
IOWA HOSPITAL ASSOCIATION	2,068	
IOWA WATER MANAGEMENT COMPANY	1,300	
IZI MEDICAL	223	
J & J HEALTH CARE SYSTEMS INC	34,216	
J.J. KELLER & ASSOCIATES, INC	223	
JAMIE WENIGS	804	
JEANNE FRANSON	804	
JEFFERY JOHNSON	775	
JENNIFER BASS	798	
JENNIFER JAECKLE	301	
J-N-C BBQ & CATERING	1,740	
JOANNE STEPHENS	51	
JOHN PETERSON	60	
JOHNSON AUTO PARTS	474	
JOHNSON CONTROLS INC	4,840	
JOHNSTONE SUPPLY	419	
KANSAS PAYMENT CENTER/AT05DM000218	798	
KAREN IMLER	944	
Karl Storz Capital	331,556	
KATRINA SAPP	82	
KCSI-FM/KOAK-AM	7,730	
KEN PODLISKA	126	
KMA BROADCASTING, LP	6,573	
KOHL'S PHARMACY	225	
KRISTIN WILLIAMS	59	
KRONOS INCORPORATED	296	
KRYSTALLE FADA	494	
LAB LOGISTICS	3,565	
LABCORP	6,443	
LABORIE	420	
LANDAUER	536	
LARRY TAYLOR	1,847	
LAURA KLOEWER	341	
LAURA THORNBURG	68	
LEGACY MUTUAL INSURANCE ASSN	290	
LEITER'S	386	
LGC CLINICAL DIAGNOSTICS, INC.	3,268	
LLOYD SMITH	64	
LRS HEALTHCARE	110,761	
LRS IT SOLUTIONS	27,564	
LYNN WEAVER	130	
MAIL SERVICES	34	
MALVERN AREA BETTERMENT ASSOC	390	
MARCIA GOWDY	89	
MARK JACKSON'S RED OAK HARDWARE HANK	1,733	
MARNI HARRIS	130	
MARTA MOFFETT	237	
MATHESON TRI-GAS INC	13,608	
MCCALL AND LEE, LLC	23,400	
MCKESSON DRUG 340B	5,000	
MCKESSON MEDICAL-SURGICAL	6,390	
MCKESSON PLASMA AND BIOLOGICS, LLC	13,247	
MCMMASTER-CARR	130	
MCMH FOUNDATION	573	
MEDBLAST, INC.	1,995	
MEDIACOM	8,603	
MEDICAP PHARMACY	4	
MEDLEARN MEDIA, INC.	177	
MEDLINE INDUSTRIES, INC.	10,348	
MEDTRONIC	854	
MEDTRONIC	6,506	
MEGHAN SHIPLEY	26	
MERIT MEDICAL	1,495	
METHODIST HOSPITAL	11,326	
MG TRUST	70,882	
MICHELLE ZANDERS	60	
MID AMERICAN ENERGY COMPANY	76,853	
MID-AMERICA SERVICE SOLUTIONS	2,556	
MIDWEST AUTOMATIC FIRE SPRINKLER	470	
MIDWEST CRYOGENICS, INC.	120	
MIDWEST DISTRIBUTING CORP	92	
MIKE OAKLEAF	21	
MILLER ORTHOPEDIC SPECIALISTS	51,803	
MILLS COUNTY FAIR ASSOCIATION	250	
MINDRAY DS USA, INC.	8,268	
MINDY YOUNGBERG	240	
MINERVA SURGICAL, INC.	7,125	
MM HAYES COMPANY, INC.	8,352	
MMIC	33,565	
MOMENTUM EXTERIOR SERVICES	2,185	
MONTE WEST	1,385	
Montgomery County	575	
MONTGOMERY COUNTY AG SOCIETY	290	
MONTGOMERY COUNTY FAIR	275	
MONTGOMERY COUNTY MEMORIAL HOSPITAL	717	
MONTGOMERY COUNTY RECREATIONAL TRAILS, INC	250	
MONTGOMERY COUNTY SHERIFF'S OFFICE	1,223	
MONTGOMERY COUNTY YMCA MEMBERSHIP	2,512	
MONTGOMERY TRANSFER STATION	166	
MYR IMAGING, INC.	114	
NANOSONICS	285	
NATIONAL BIOLOGICAL CORP	375	
NATIONAL CHILD SAFETY COUNCIL	198	
NATIONAL FIRE PROTECTION ASSOCIATION	175	
NAVIENT-DEPT OF EDUCATION LOAN SERVICING	2,917	
NEBRASKA CITY NEWS-PRESS, INC.	645	
NEBRASKA METHODIST HEALTH SYSTEM	4,916	
NEBRASKA METHODIST HOSPITAL	17,205	
NEBRASKA METHODIST HOSPITAL	52,580	
NEOTRACT	75	
NEWCASTLE COMMUNICATIONS	27,962	
NISHNA PRODUCTIONS	100	
NOX MEDICAL, LLC	717	
OAK VIEW FARM LLC	222	
OCCUPATIONAL PERFORMANCE COMPANY, LLC	1,575	
OFFICE DEPOT, INC.	1,063	
OFFICE OF THE AUDITOR OF STATE	850	
OFFSITE IMAGE MANAGEMENT INC	20,155	
OHIO MEDICAL CORP	11,433	
OLYMPUS AMERICA INC	20,229	
OLYMPUS FINANCIAL SERVICES	9,176	
OMAHA DOOR & WINDOW CO, INC	1,655	
O'NEAL ELECTRIC	3,320	
ONMEDIA	1,290	
ORME OUTDOOR	3,241	
ORSCHENL FARM AND HOME	10	
ORTHO CLINICAL DIAGNOSTICS, INC.	23,400	
OSSUR AMERICAS, INC.	32	
PACIRA CRYOTECH, INC	405	
PAJUNK MEDICAL SYSTEMS LP	168	
PARAGARD DIRECT	937	
PATIENT REFUNDS	11,791	
PEOPLESERVICE, INC.	187	
PERFORMANCE HEALTH SUPPLY, INC.	837	
PETTY CASH MCMH	834	
PEVCO	1,169	
PHYLLIS DRAKE	75	
PIGOTT INC	8,605	
PINNACLE CONSTRUCTION, INC.	5,702	
PINNACLE PHARMA LLC	6,255	
PIPELINERX	27,982	
PITNEY BOWES	944	
PLUMB SUPPLY COMPANY-RO	1,176	
POBLOCKI SIGN COMPANY	1,126	
POEISSIS MEDICAL, LLC	200	
POTTAWATTAMIE COUNTY SHERIFF	502	
PRECISION DIESEL, INC.	184	
PRECISION DYNAMICS CORP	656	
PRECISION LENS	15,308	
PROFESSIONAL RESEARCH CONSULTANT	3,163	
PROMOTIONAL CONCEPTS	420	
PROVIDER REIMBURSEMENT CONSULTANTS, INC.	4,000	
PWC ENTERPRISES, INC.	3,205	
R1 RCM, INC	8,700	
RADIOLOGIC CENTER, INC	525	
REAGAN OUTDOOR ADVERTISING OF ROCHESTER	1,065	
RED OAK CHAMBER AND INDUSTRY ASSOC.	8,340	
RED OAK CHILD DEVELOPMENT CENTER	250	
RED OAK DO IT CENTER	71	
RED OAK EXPRESS	7,911	
RED OAK FABRICATION INC.	38	
RED OAK GLASS INC.	20	
RED OAK GREENHOUSE	484	
RED OAK KIWANIS	75	
RED OAK PHARMACY	15	
RED OAK WELDING SUPPLIES, INC.	41	
REHABVISIONS	312,194	
RELIANCE STANDARD LIFE INSURANCE COMPANY	9,925	
RELIASTAR LIFE INSURANCE COMPANY OF NEW YORK	454	
REMEM INC	1,368	
RENEE HAMMONS	112	
REPUTATION.COM INC	8,100	
RESMED	75	
RICK LEINEN	270	
ROGER EHMKE	84	
ROGER GOVIG	322	
ROGER STONEKING	111	
ROGERS PLUMBING & HEATING CORP	453	
RON CURTIS	123	
RON KLOEWER	1,106	
RONALD HULTQUIST	105	
RQI PARTNERS, LLC	7,365	
RUSS REYNOLDS	64	
SCHIMBERG CO	443	
SCHUMACHER ELEVATOR CO INC	1,677	
SCOTTCARE CORPORATION	2,756	
SEIM JOHNSON, LLP	8,487	
SELLERS PEST CONTROL	770	
SENSO SCIENTIFIC	624	
SENTRY DATA SYSTEMS INC	30,906	
SHANON KNAUS	351	
SHARED MEDICAL SERVICES, INC	82,547	
SHARED SERVICE SYSTEMS	115,193	
SHARON JOHNSON	210	
SHARUNA BOZWELL	231	
SHERNANDOAH MEDICAL CENTER	6,760	
SHERIDAN DECORATING	420	
SHERSTIN WILLYERD	505	
SHRED-IT	930	
SIEMENS HEALTHCARE DIAGNOSTICS	455	
SLOAN	234	
SMILEMAKERS	489	
SMITH & NEPHEW, INC.	7,354	
SORNA CORPORATION	22,411	
SOUTHWEST IOWA ART TOUR	200	
SOUTHWEST IOWA PLANNING COUNCIL	50	
SOUTHWEST SANITATION, INC	129	
SPENCE COUNSELING CENTER	225	
STACEY SUNDBERG	68	
STACI VENTEICHER	30	
STAMETS & WEARIN, P.C.	20	
STAPLES	1,205	
STATE CHEMICAL SOLUTION	1,576	
STATE HYGIENIC LABORATORY	1,002	
STEPHANIE WILLMS	240	
STERICYCLE, INC.	5,642	
STERIS CORPORATION	3,974	
STERIS CORPORATION	1,185	
STRATUS VIDEO, LLC	377	
STRECK LABORATORIES INC	449	
STRICKLAND PHOTOGRAPHY	300	
STRYKER ENDOSCOPY	325	

PROBATE NOTICE

IN THE IOWA DISTRICT COURT FOR MONTGOMERY COUNTY IN THE MATTER OF THE ESTATE OF DOUGLAS W. BLOOM, Deceased.
Probate No. ESPR0014405
NOTICE OF PROBATE OF WILL, APPOINTMENT OF PERSONAL REPRESENTATIVES AND NOTICE TO CREDITORS
To all persons interested in the es-

tate of Douglas W. Bloom, deceased, who died on or about September 30, 2022:
You are hereby notified that on October 10, 2022, the Last Will and Testament of Douglas W. Bloom, deceased, bearing the date of January 4, 2022, was admitted to probate in the above-named court and that Kari LeAnn Bloom and Kati Renea Hansen were appointed Personal Representa-

tives of the estate. Any action to set aside the Will must be brought in the District Court of said county within the later to occur of four months from the date of the second publication of this Notice or one month from the date of mailing of this Notice to the surviving spouse and all heirs of the decedent and devisees under the Will whose identities are reasonably ascertainable, or thereafter be forever barred.

Notice is further given that all persons indebted to the estate are requested to make immediate payment to the undersigned, and creditors having claims against the estate shall file them with the Clerk of the above-named District Court, as provided by law, duly authenticated, for allowance, and unless so filed by the later to occur of four months from the second publication of this Notice or

one month from the date of mailing of this Notice (unless otherwise allowed or paid) a claim is thereafter forever barred.
Dated this 10th day of October, 2022.
Kari LeAnn Bloom
2115 Vine Ave.
Villisca, IA 50864
Kati Renea Hansen
303 E. 5th St.

Villisca, IA 50864
Personal Representatives of Estate of Douglas W. Bloom, deceased
David L. Jungmann
DAVID L. JUNGSMANN, P.C.
Attorney for the Executors
113 W. Iowa, P.O. Box 329
Greenfield, IA 50849-0329
(Published in The Red Oak Express Wednesday, October 19, 2022, and Wednesday, October 26, 2022.)

RED OAK SCHOOLS

Table with columns: Vendor Name, Vendor Description, Amount. Lists various vendors and their amounts for the Red Oak Community School District Report for Paper September 2022.

Table with columns: Vendor Name, Vendor Description, Amount. Lists various vendors and their amounts for the Red Oak Community School District Report for Paper September 2022.

Table with columns: Vendor Name, Vendor Description, Amount. Lists various vendors and their amounts for the Red Oak Community School District Report for Paper September 2022.

PROBATE NOTICE

IN THE IOWA DISTRICT COURT IN AND FOR MONTGOMERY COUNTY IN THE MATTER OF THE ESTATE OF BRADLEY W. DAVIS, Deceased.
CASE NO. ESPR014402
NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF CO-EXECUTORS, AND NOTICE TO CREDITORS
To All Persons Interested in the Es-

tate of Bradley W. Davis, Deceased, who died on or about September 17, 2022:
You are hereby notified that on September 27, 2022, the Last Will and Testament of Bradley W. Davis, deceased, bearing date of November 29, 2021, was admitted to probate in the above named court and that Jamie C. Brown and Aaron B. Davis were appointed Co-Executors of the

estate. Any action to set aside the will must be brought in the District Court of said county within the later to occur of four months from the date of the second publication of this notice or one month from the date of mailing of this notice to all heirs of the decedent and devisees under the will whose identities are reasonably ascertainable, or thereafter be forever barred.
Notice is further given that all

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

date of mailing of this notice (unless otherwise allowed or paid) a claim is thereafter forever barred.
Dated September 29, 2022.
JAMIE C. BROWN
1630 Honeysuckle Drive
Liberty, MO 64068
AND
AARON B. DAVIS
16823 N Circle
Omaha, NE 68135

CO-EXECUTORS
Zachary M. Winter
STUART TITNEY LAW FIRM LLP
Attorney for the Administrator
300 West Broadway, Suite 175
Council Bluffs, IA 51503
(Published in The Red Oak Express Wednesday, October 19, 2022, and Wednesday, October 19, 2022.)

BOARD OF SUPERVISORS

MONTGOMERY COUNTY SUPERVISOR'S MINUTES Tuesday, October 4, 2022
The Montgomery County Board of Supervisors met in quorum on Tuesday, October 4, 2022, at 8:30 a.m. at the courthouse for their regular meeting. The meeting was called to order by Chair Mark Peterson. There was a roll call of members with Supervisors: Mark Peterson, Mike Olson, Donna Robinson, Randy Cooper, and Charla Schmid present.
Motion to approve the agenda by Ol-

son second by Cooper. Roll call: Yes: Olson, Robinson, Cooper, Schmid, and Peterson. No: None. Motion carried.
Minutes of the September 27, 2022, regular meeting were approved and stand as read.
The Chair called for public comments. Jan Norris spoke in favor of a pipeline ordinance. Maggie McQuown spoke in support of a pipeline ordinance. Lori Johnson and Sarah Johnson spoke that they live in close proximity to the proposed pipeline and asked for safe guidelines. Margaret

Thomas spoke that their property is close to the proposed pipeline and spoke in favor of a pipeline ordinance. Karen Albert read a letter from Naomi McCunn that she is in favor of a pipeline ordinance. Via zoom, Grant Terry of Summit Carbon said was available for questions.
Under Supervisor's updates, Schmid attended a Montgomery County Memorial Hospital Board meeting. Peterson attended a Waubonsie Mental Health meeting.
Under Secondary Roads update,

Engineer Karen Albert was present. She updated the board on current road and bridge maintenance.
Under new business, motion by Schmid to engage Ahlers and Cooney law firm to guide in the Carbon Summit pipeline process, second by Robinson. Roll call: Yes: Robinson, Cooper, Schmid, Peterson, and Olson.
No: None. Motion carried.
Tim Whipple of Ahlers and Cooney was present via Zoom. There was some discussion about the pipeline ordinance process. He spoke about

upcoming meetings and discussions regarding the pipeline. The Board decided to have a closed session with Tim Whipple at the next board meeting.
Under Carbon Summit Pipeline discussion, it was brought up that Planning and Zoning were on hold working on ordinance until more information is gathered.
Under announcements, the next regular board meeting is scheduled for Tuesday, October 11, 2022, at 8:30 a.m. Agenda items discussed

were claims, IT updates, rescheduled 11/8/22 meeting, schedule General Election Canvass, closed session with Tim Whipple of Ahlers and Cooney.
Motion by Olson to adjourn. All in favor. Meeting adjourned at 9:19 a.m.
MONTGOMERY COUNTY BOARD OF SUPERVISORS
MARK PETERSON, BOARD CHAIR
ATTEST: KATHY BURSON, DEPUTY AUDITOR
(Published in The Red Oak Express Wednesday, October 19, 2022.)

BOARD OF SUPERVISORS

MONTGOMERY COUNTY SUPERVISOR'S MINUTES Tuesday, September 06, 2022
The Montgomery County Board of Supervisors met in quorum on Tuesday, September 06, 2022, at 8:30 a.m. at the courthouse for their regular meeting. The meeting was called to order by Chair Mark Peterson. There was a roll call of members with Supervisors: Donna Robinson, Mike Olson, Randy Cooper, Charla Schmid and Mark Peterson present.
Motion to approve the agenda by Robinson, second by Cooper. Roll call: Yes: Robinson, Cooper, Peterson, Olson, and Schmid. No: None. Motion carried.
Minutes of the August 30, 2022, regular meeting were approved and stand as read.
The Chair called for public comments. There were none.
Under Supervisor's updates, Supervisors Donna Robinson and Charla Schmid attended Chuck Grassley's tour stop at Agri-Solutions.
Under Secondary Roads update, Engineer Karen Albert was present. She

updated the board on current road maintenance and advised the board about the bridge on 180th st. west of Q, barricade being removed by unknown drivers to cross closed bridges. She advised the unsafe conditions to the public driving on closed bridges that are structurally unsound and the possibility of upgrading to new types of barricades for safety reasons. There will be a meeting Wednesday September 07, at 5:30 p.m. at the Engineer office for a planning and zoning meeting with possible action.
Under new business Chair Mark Peterson updated the board on the progress from County Attorney Drew Swanson on the Letter of Intent to hire Snyder & Associates to oversee the Carbon Summit Pipeline.
The board of supervisors discussed the Opioid fund.
Motion by Robinson to reduce the hours for shredding to 2 hours a week every Friday for Nishna Productions effective 9/16/2022 until further notice. Second by Olson. Roll call: Yes; Schmid, Cooper, Olson, Peterson, Robinson. No: None. Motion carried.

Motion by Olson to approve a new fulltime employee for the Sheriff's Office. Second by Cooper. Roll Call: Yes; Cooper, Robinson, Olson, Peterson, Schmid. No: None. Motion carried.
Motion by Cooper to approve the Sheriff's Report in the amount of \$16,905.89. Second by Schmid. Roll Call: Yes; Peterson, Olson, Cooper, Schmid, Robinson. No: None. Motion carried.
Under announcements, the next regular board meeting is scheduled for Tuesday, September 13, 2022, at 8:30 a.m. Agenda items discussed were Carbon Summit pipeline with possible action as needed and Opioid fund discussion with possible action, Claims payable, and Technology Report with action as necessary.
Motion by Olson to adjourn. All in favor. Meeting adjourned at 9:14 a.m.
MONTGOMERY COUNTY BOARD OF SUPERVISORS
MARK PETERSON, BOARD CHAIR
ATTEST: JILL OZUNA, AUDITOR
(Published in The Red Oak Express Wednesday, October 19, 2022.)

RO Weather

Monday, Oct. 10: High 77, Low 37, Precip: None
Tuesday, Oct. 11: High 80, Low 36, Precip: None
Wednesday, Oct. 12: High 81, Low 48, Precip: .48
Thursday, Oct. 13: High 69, Low 42, Precip: None
Friday, Oct. 14: High 58, Low 31, Precip: None
Saturday, Oct. 15: High 62, Low 26, Precip: None
Sunday, Oct. 16: High 72, Low 26, Precip: None
Weekly Total Precipitation: .48
October Total Precipitation: .48

ANSWER - PUZZLE ON PAGE 3A



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

DO YOU REMEMBER WHEN...?

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

5 Years Ago
A bomb threat at the Southwest Valley District ended up being just a mix-up. The Adams County Sheriff's Office received a call on Oct. 11, 2017, from Corning Elementary which stated they'd heard of a bomb threat, but were unsure of which location it was in. Faculty and students were evacuated. The initial caller was interviewed by authorities, and it was determined that the caller had confused the SWV District for the Shenandoah School District, which had a bomb threat that morning.
The Red Oak Tigers volleyball team held a triangular with Shenandoah and Atlantic, making a clean sweep of both teams. First to fall was Atlantic, which Red Oak defeated 3-0. The Tigers never allowed Shenandoah a lead in the second match, and swept 3-0.

10 Years Ago
The City of Elliott, after four years of planning and research, was on the path to cleaner drinking water. A 2008 investigation by environmental specialist Dan Cook with the Iowa Department of Natural Resources revealed a high number of nitrates running through the city's water supply. A 21-member team of officials and residents worked from 2010 to 2012 to come up with a solution, and started a restoration of the wetlands. Cook had cited that the increased nitrates were likely due to agricultural fertilizer.
For the first time since the 2009 season, the Griswold Tigers football team clinched a berth in the state football playoffs. Griswold was 6-2 overall, and 5-1 in district play. The Tigers held off East Mills by a score of 20-14 to advance to the state playoffs.

25 Years Ago
Rural Coburg resident Keith Harold was still cleaning up after what he believed was a tornado on Oct. 8, 1997, ripped up his property. What exactly happened the night of the storm was unclear, but when Harold came out the next day to feed and check his cattle herd, he was shocked to discover that wood and tin debris was scattered north, northeast and northwest. A sizable portion of a barn roof was in a cornfield. Corn was flattened in all directions and lumber was driven into the ground.
The Red Oak Tiger girls volleyball team was celebrating a fifth straight title in the Montgomery County volleyball tournament, defeating both Stanton and Villisca to do so. The Tigers season match record moved to 21-1-1.
Two liter bottles of Pepsi products were 69 cents at No Frills in Red Oak.

50 Years Ago
Plans for a proposed 26-room expansion of the Holiday Inn had been made available. Work was to start in the near future, with a completion in May, 1973. The addition was to bring the total number of rooms at the hotel to 78. Also in store was a 4,000 square foot addition to the dining room, party room, and cocktail lounge facilities, doubling the amount of space.
The Red Oak Tigers track team were winners over the Villisca Blue Jays in a cross country dual at the Red Oak Country Club. The final tally was 32-26. Bill Johnson of Red Oak took first place with a time of 10:32. Second place was Doug Gray of Villisca with a 10:34.
A large occasional chair was \$149.95 with a matching ottoman for an additional 50 cents at Geist Furniture and Carpet in Red Oak.

Stanton participates in Healthiest State Walk



Students in the Stanton School District enjoyed the mild temperatures and participated in Iowa's Healthiest State Walk Oct. 15. (Photo provided)

Carlson named to dean's list

Clarkson College is pleased to announce Katelyn Carlson of Red Oak has been named to the summer 2022 dean's list. Carlson is pursuing Associate of Science in Physical Therapist Assistant and Bachelor of Science in Healthcare Business Management degrees at the College. Carlson is a recipient of the Clarkson College Diamond Scholarship and the Edward's Sister's Foundation Scholarship. She currently works at Athletico Physical Therapy and is the daughter of Brian and Mary Carlson.

Weston named to Symphonic Wind ensemble at Central

Alexia Weston of Villisca is one of 36 students in the Symphonic Wind Ensemble at Central College for the 2022-23 academic year. Weston plays the trombone. The Symphonic Wind Ensemble is an auditioned instrumental group and one of the premier ensembles on campus. Brad Kampe, lecturer of music, is the new band director.

MONTGOMERY/MILLS COUNTY
CLASSIFIEDS

NEW DEADLINES
The Red Oak Express and The Red Oak Express Extender **CLASSIFIED LINE AD DEADLINES** 10 a.m. Thursday. **RETAIL AND CLASSIFIED DISPLAY Noon Wednesday** for the following week's publication. Email line ads: circulation@redoakexpress.com Email Display ads: advertising@redoakexpress.com Phone: 712-623-2566 Fax: 712-623-2568 2012 Commerce Dr., P.O. Box 377, Red Oak, IA 51566

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Miscellaneous
Announcements
Hamball/Salad Luncheon. Sunday, Oct. 23. 11:30-1:00. First Congregational UCC Fellowship Hall. 109 N. Walnut, Glenwood, IA.

Card of Thanks
A big thank you for the many cards, calls, gifts of food and flowers and for the many visits. It all added up to a very special 99th birthday. God Bless you all. Doris Wendt

THE RED OAK Express
WE ♥ OUR READERS

Public Notices
All real estate advertising in this newspaper is subject to the fair housing Act which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status, or national origin, or intention to make such preference, limitation, or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination, call HUD toll-free at 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.

Real Estate
Apartments for Rent
For Rent: Woodland Park Apartments, RO. All New 1, 2, & 3 Bedroom Apartments. Utilities included. WiFi and TV specials. Pet friendly. 515-206-6547. Or apply at www.zoulproperties.com. APPLICATIONS ARE BEING ACCEPTED FOR GLENWOOD HOUSING CORP. 1 BR Elderly Apt. Glenwood, IA 51534. "62 Years of age or older, handicap/disabled, regardless of age." Contact: Smouse Financial at 417-886-9221. Equal Housing Opportunity. Applicants have the right to equal & fair treatment without regard to race, color, religion, gender, disability, familial status, or national origin.

Houses for Rent
Available Nov. 1st
1 Bed 1 Bath House for Rent, Great Neighborhood. \$600 per month, \$600 deposit. No pets. Call 712-370-8898.

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

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What to know about prophylactic mastectomy

Breast cancer is the most common cancer diagnosed in American women, and is the leading cause of cancer death in less developed countries, says the Breast Cancer Research Foundation. According to Susan G. Komen, more than 680,000 breast cancer deaths occurred worldwide in 2020.

Breast cancer affects the anatomy of the breasts and can often spread to the lymph nodes. While breast cancer can affect just about any woman (as well as men), certain women are at higher risk for developing breast cancer than others. Such women include those with a family history of breast cancer and/or the presence of genetic markers called BRCA1 or BRCA2 gene mutations, according to the Bedford Breast Institute. Those women have a lifetime risk of up to 87 percent for getting breast cancer and 53 percent for developing ovarian cancer. Other risk factors include the presence of dense breast tissue, exposure to radiation at an early age and having already had cancer in one breast.

WHAT IS PROPHYLACTIC MASTECTOMY?

In instances when breast cancer risk is particularly high, women may opt to undergo prophylactic mastectomy, also called preventative mastectomy. This is the surgical removal of one or both breasts with the intent to dramatically reduce the risk of developing breast cancer.

RATE OF RISK REDUCTION

The Mayo Clinic says prophylactic mastectomy reduces the risk of developing breast cancer by 90 to 95 percent among women with BRCA gene mutations. It is roughly the same risk reduction for women who already have had breast cancer or

have a strong family history of the disease and then have a breast removed.

Studies indicate that preventative mastectomy of the unaffected breast (called contralateral prophylactic mastectomy) in cases when breast cancer occurred in the other breast, when no genetic mutations or hereditary risk factors are present, has little to no effect on overall survival rate. This is a surgery only for those with very high risk.

is impossible to remove all breast tissue cells during surgery. Although risk reduction is significant after mastectomy, that risk cannot be eliminated entirely.

RISKS ASSOCIATED WITH PROPHYLACTIC MASTECTOMY

There are some risks associated with prophylactic mastectomy, both during the procedure and afterwards. BreastCancer.org

ALTERNATIVES

Prophylactic mastectomy is only one option for women at high risk for developing breast cancer. Some alternatives include:

- Ultrasounds, physical exams, and mammograms every three to six months for the rest of the patient's life.
- Medication that can reduce risk of developing breast cancer.
- MRIs in addition to mammograms.



WHY ISN'T RISK REDUCED COMPLETELY?

Not all breast tissue can be removed during a prophylactic mastectomy. That is because breast tissue can sometimes be found in the chest, armpit, skin, above the collarbone, or on the upper part of the abdominal wall, states the Mayo Clinic. It

says bleeding or infection, fluid collecting under the scar, delayed wound healing, scar tissue formation, loss of sensation in the chest, and complications while being put under anesthesia are all possible. Women are urged to carefully consider the pros and cons before opting for the surgery.

• Surgery to remove the ovaries, which can decrease both the risk of breast and ovarian cancers. It may reduce breast cancer risk by up to 50 percent if performed before age 50. Breast cancer risk is higher in some individuals, which may prompt discussions about prophylactic mastectomies.

Potential warning signs for breast cancer

Breast cancer is the most commonly occurring cancer in women across the globe. According to the World Cancer Research Fund International, there were more than 2.26 million new cases of breast cancer in women in 2020. Such figures are sobering, but it's important to recognize that breast cancer survival rates have improved dramatically in recent decades, providing hope to the millions of women who may be diagnosed with the disease in the years to come.

Various factors have helped to improve breast cancer survival rates, and education about the disease is certainly among them. Women are their own greatest allies against breast cancer, and learning to spot its signs and symptoms is a great first step in the fight against this potentially deadly, yet treatable disease.

Knowing your body

The American Cancer Society urges women to take note of how their breasts normally look and feel. That knowledge is vital because it helps women recognize when something does not look or feel good to the touch with their breasts. Screening alone may not be sufficient, as the ACS notes that mammograms do not find every breast cancer.

Signs and symptoms

When women are well acquainted with how their breasts look and feel, they're in better position to recognize any abnormalities, which may or may not be indicative of breast cancer. The ACS reports that the following are some potential warning signs of breast cancer.

- **A new lump or mass:** The ACS indicates that this is the most common symptom of breast cancer. A lump or mass that is cancerous is often painless, but hard and has irregular edges. However, lumps caused by breast cancer also can be soft, round and tender. Some even cause pain.
- **Swelling:** Some women experience swelling of all or part of a breast even if they don't detect a lump.
- **Dimpling:** The skin on the breast may dimple. When this occurs,



the skin on the breast sometimes mimics the look of an orange peel.

- **Pain:** Pain on the breast or nipple could indicate breast cancer.
- **Retraction:** Some women with breast cancer experience retraction, which occurs when the nipple turns inward.
- **Skin abnormalities:** Breast cancer may cause the skin on the breast to redden, dry out, flake, or thicken.
- **Swollen lymph nodes:** Some women with breast cancer experience swelling of the lymph nodes under the arm or near the collarbone.

The presence of any of these symptoms merits a trip to the doctor. Women with these symptoms should not immediately assume they have breast cancer, as the ACS notes that various symptoms of breast cancer also are indicative of non-cancerous conditions that affect the breasts. Only a physician can diagnose breast cancer, which underscores the importance of reporting symptoms to a doctor immediately.

Five ways to help a loved one who has cancer

When dealing with a loved one's illness, you may feel like there isn't much you can do. But the truth of the matter is that seemingly simple gestures can improve the quality of life of a person who's battling cancer. Here are five ways to help a friend or family member who's sick.

1. MAKE THEIR MEALS

Cooking can be a grueling task for those undergoing treatment for cancer. One way to help your loved one is to make and freeze meals for them. Picking up groceries is also helpful. When going to the supermarket, consider getting snacks, produce and other products they may need.

2. BECOME THEIR DRIVER

Driving can be stressful for a loved one who's sick. Certain medications might make them drowsy and the illness itself may leave them fatigued. Go with them to their doctor's appointments. It will be a relief, and your being there will also bring comfort.



3. DO THEIR HOUSEKEEPING


Household chores are tiring for those fighting cancer. If you want to lend a hand you could take out the trash, vacuum the floors, do the laundry, clean the dishes, dust the furniture or take care of the yardwork. Every little bit helps.

4. HELP WITH CHILD CARE

Those with cancer may have family obligations they find difficult to meet. See to the parenting tasks that your loved one used to take care of: pick up their children from daycare or school, make lunches, drive children to their activities or simply babysit while your loved one rests.

5. LISTEN

Cancer triggers many feelings: anger, anxiety, fear, sadness and more. If you sense that your friend or family member needs to talk, lend them an ear. Your being there is important to them.



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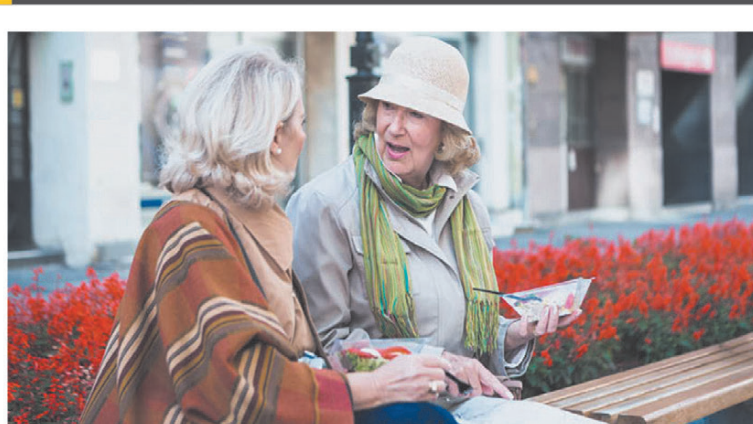


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