



TITAN TIMES

RUTHVEN-AYRSHIRE COMMUNITY SCHOOL DISTRICT

Tech Changes Switch Up How We See Things



If patrons of Ruthven-Ayrshire didn't notice the changes to technology put in use this fall, then, that was probably a good thing.

Two programs were implemented at the start of the year. Bound is an online platform used to manage and share school activity schedules. The National Federation of High Schools or NFHS Network was put in place to share live-streaming of sporting events.

And, although implementation of both have not been easy or seamless, for the most part, they have gone pretty well.

Athletic Director Mr. Jon Josephson is responsible to enter schedules, coaching and official's contracts into Bound. He started using it while it was in beta and has found a good partnership with the software developers. With several months of good use, the scheduler has seen several improvements and continues to become a more efficient system.

Some 20 to 30 years ago, athletic schedules were organized by each school district and printed in a calendar that most in the district had hanging up in their house.

"For the most part, it worked okay. But if anything was changed, postponed or added, then those things became irrelevant. Changes were communicated to the public through local radio stations and that was that," said Mr. Josephson.

"We probably spent less time communicating the schedules because it was up to the patrons to figure out the changes. We also spent a lot of time on the phone back then.

"Within a conference, the calendars were shared. Faxes were sent or phone calls were made to adjust schedules within the conference. From that aspect, it is nice we don't have to do those things anymore."

By the early part of the 2000s, the school was using email for communication internally and gradually other schools picked up the use and emails started to replace faxing and phone calls.

Before Bound, the district used a platform called rSchool to schedule athletic activities within the Corn Belt Conference and later the Twin Lakes Conference (TLC).

"Erv Rowlands was conference secretary of the Corn Belt Conference and he really pushed the use of the platform so the members went all in," said Josephson. "He was always ahead of things with technology. That is one of the reasons we had email in this building before others did."

"The platform was used behind the scenes for athletic directors to do scheduling and it was a big time-saver. We could use it for contracts. Before that, everything was hand written or typed

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NOVEMBER 2022

up and mailed to the other district. And, hopefully, it would get signed and returned in a timely manner. The same process took place with the officials. It was very time-consuming."

With scheduling software, the contracts are entered and communicated directly to schools and officials. R-A became part of the TLC during the 2014-15 school year. Not all in the conference have embraced the electronic scheduling.

"There are two ADs in the conference who will not do anything electronically and insist on doing everything on paper like we did in the 90s. They probably won't until the state mandates it," said Josephson.

The biggest reason for the change was a complicated duplication when scheduling. "We were using the rSchool system and at the same time the state was requiring us to enter all of the stats into Bound. We also were adding non-athletic activities into our Google Calendar and Daily Bulletin.

"The public was asking for the information and some of it wasn't matching up. The whole process was very inefficient. Now we enter things and make updates in one place."

Bound, an Iowa company, stepped up and said they would create a scheduler to go on their platform. By the time school started, Josephson was able to enter activities from the school calendar. The school's website converted to show the Bound calendar and media links shared with the public promoted the use of Bound to check schedules.

According to Bound representative, Todd Gordon, about fifty percent of schools in Iowa are making full-use of the Bound system. He believes the users enjoy how everything works together within the system. "We also have people who have done AD work and we are partnering with the schools to make this work. We listen and take their ideas and that is how we are getting better."

"I really haven't heard a whole lot from the public, which I think is actually a good thing," concluded Josephson. "I think it is harder to communicate with the public now more than ever because the expectation is so much higher."



Ready to see the R-A Schedule in Bound? Scan here.

NFHS Network for live-streaming

Technology Director Mr. Brian Hersom worked hard this fall to implement a new system for live-streaming school events. The NFHS Network provides live and on-demand viewing to subscribers. A yearly pass is \$79.99 and a monthly pass is \$11.99. When subscribers choose to support the R-A District in their account profile, the school gets a portion of those fees. Subscribers are able to view events of any member school within in the U.S.

The NFHS Network has provided equipment and software to the school to use in broadcasting. This fall, that equipment was set up at the Graettinger gym and at the Titan Athletic Complex football field. It is set to automatically play and record the events which reduces the amount of time needed for staff to perform the streaming.

"Before COVID, we did very little for live-streaming. We did some band and vocal concerts, plays, it was really hit or miss," said Mr. Hersom. "The biggest reason we did it was to make events available to families who were out of state or otherwise unable to attend.

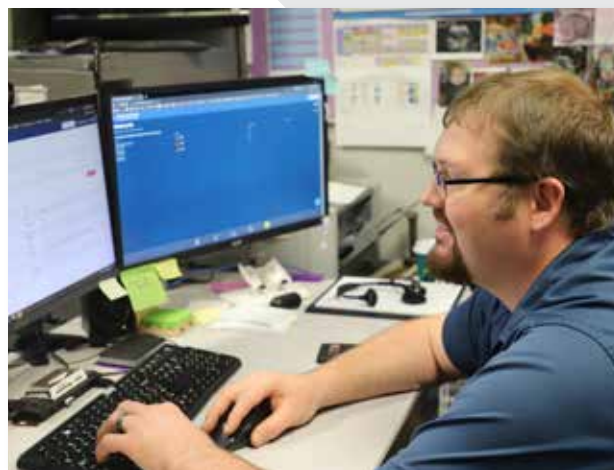
"At that time, the technology utilized a video camera interface into a computer and streaming from broadcast software. When COVID hit, we had to expand on that technology. We needed a better computer, video equipment and software."

With COVID, all the schools concluded that it was something that was needed. "For us, it was something we were capable of doing. It wasn't reinventing the wheel for us to get going on it as we had some of the ground-work done already."

Mr. Hersom and Ms. Shawn Krull were responsible during those years for all of the event streaming. "We did all the setup and all the streaming of every home game or event. It was a lot of extra hours," said Hersom.

At the same time, technology use went way up with distance learning. Even when spectators returned, there was still demand for event streaming.

"We had never planned to continue the streaming, but there was still a



Technology Director Brian Hersom oversees the NFHS Network for R-A.

desire for it.

"We tried to come up with different options for supporting it, but there were hiccups. So we continued to expand on the technology. It was still just too much for the two of us to take care of.

"Over the last year, I knew I needed to maintain my focus on keeping a secure network and taking care of the technology systems in our schools."

Software platforms were reviewed and the consensus was to move to the NFHS Network. "The platform is a good offering that allows patrons to see events in our facilities as well as other schools. Yes, there is a subscription fee, but it is less than the cost to attend an event and we do get a portion of that fee.

"We will work to improve the stream quality. There are equipment calibrations that must be done between two sets of cameras at each location. All those things will improve over time. The quality will improve as we are still learning the system and how to support it while trying to provide the best opportunity for everybody."

"I think the platform will continue to get more popular as more schools sign on. This platform removes the difficulty, and the extra expenses for the districts are taken away. We can continue to invest those funds in academics and support our students."



Want to learn more about the NFHS Network? Scan here.

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Game about Life helps Students to Consider Financial Life After School



High school students spent time this fall giving consideration to life after graduation. Activities included job shadowing, career exploration and time experiencing a budgeting game of life.

The simulation has students work through a budgeting worksheet based on their career, level of education and lifestyle choices.

After selecting a career and education level, students calculate their salary and net income. Then, they visit stations to select choices for housing, utilities, transportation, insurance, and personal expenses. Of course, the goal is to have money left over at the end of the month.

High school business teacher Mrs. Kelly helped students calculate their credit card debt and student loan payments. "I think some of these calculations will be a surprise when they see what the real world costs are. We do this every year and it is interesting to see how their decision making changes over time."

Math instructor Mr. Harder provided housing options based on geographic location and style choices. "I think in some cases, they were surprised by the cost. We have a house that is \$35,000 and another over \$400,000. We want to show the difference in choices. We can talk about the differences between rural and urban locations. I make a point for them to consider all the options. They must think about their needs and how much money they expect to have."

Mr. Olesen, social studies instructor, worked with the students to calculate their expenses for all utilities including cable television and cell services. "The freshmen are a little less realistic about their choices, whereas the seniors will pick the bare minimum. It is fun to see at the end of the month when they total things up that they need to make different choices. We have teachers running it this year so they are better able to do follow-up discussions in their classes."

Local insurance agent Mr. Johnathan Petersen and Mrs. Olberding, English instructor, provided details to calculate house, auto, health and life insurance. "When young people come to my office, they are looking for auto insurance and rental insurance. They may have figured out they can pay for the car, but haven't thought about the cost of insurance. We advise them to check on the insurance costs before they buy a vehicle."

Math instructor Mrs. Quarnstrom worked with the students to pick out a vehicle and calculate monthly transportation costs. "Some students have picked out the cheapest car, but a few have chosen the most expensive and have had to come back and pick a cheaper one. I have seen their surprise at how much the vehicles cost. It really is a reality check and has been fun to listen to their comments."

Mrs. Dyhrkopp, associate, provided current costs for things like food and clothing. "The students are all very surprised by the prices for groceries, entertainment and going out to eat. Right now, they may not be paying for many of their choices. I think some may be in denial of what it is going to cost when they need to cover their own expenses."

A Reality Check was provided by science instructor Mrs. Hunefeld. Here students drew a card and were given an unexpected expense to include in their budget. "The reality of the unexpected expenses are a surprise to them. I expect that the freshmen and sophomores will be shocked by it all and will probably want to disagree with the actual costs of items. This allows students to compare the salary for their chosen career against the expenses that come with real life. Even though I'm a science teacher, I can still find ways to incorporate these topics in my class."

Students commented that this made them realize how much there is to think about and found they were surprised at the high cost of things.

Titan Girls Wrestling Hits The Mat for First Time



This year marks the historic start for the girls wrestling program at GTRA and in the state of Iowa. Girls Wrestling becomes the 11th sanctioned sport by the Iowa Girls High School Athletic Union for the 2022-23 school year.

For GTRA participants, practice starts Nov. 14 with the first meet set for Monday, Nov. 28 with a scramble at Manson-Northwest Webster. Mr. Max Bergo is the head girls wrestling coach and Mr. Alex Helmich is assistant coach. Bergo coached junior high football earlier this year.

This year will start with five varsity wrestlers and Bergo is hoping that number will grow. Four of the girls have wrestled before with the middle school boys program. Team members include: Trista Guinn, Isabelle Harris, Grace Gellerman, Zoey Higgins and Macy Higgins. There is also a junior high team.

Trista Guinn started wrestling because she had a brother and cousins involved. "I am actually looking forward to wrestling since I broke my foot last year. I have been wrestling since second grade. I think my strength is in my legs."

Zoey Higgins wrestled last year as well. She sees her strength as fighting off her back.

Macy Higgins is also an experienced wrestler. "It is an individual sport, but we do work together as a team to get better."

The girls say that they want to improve on technique and that will come with practice.

"For goals, I want to try and get everyone in place where they feel they can compete. I also want to build a good team community. We need to build on teamwork and helping each other out," said Bergo.

"After that, I just want to keep building and growing the program every year.

"We have some experienced wrestlers, but we will focus on basic moves and go from there. I think the girls will be surprised by how much they can do, especially the ones going out for the first time," he said.

"I think the biggest thing they learn in wrestling is being mentally tough and pushing through situations that may not be favorable. Being mentally tough and being able to persevere and achieve the goals you set for yourself is a big thing in this sport."

Bergo believes wrestling may have a bad reputation for diet and cutting weight the wrong way. The focus for the entire Titan Team this year will be doing a good diet, not cutting muscle or losing energy.

"It is awesome that for a school our size we have this many girls going out and it is great to be making history as part of the first class of girls wrestling."

He says he wants the girls to be able to look back on the year knowing they have given it their all.

"My goal is to push them to get better. If they can



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look back and say it was a success for them as an individual, that will be a success for me."

Wrestling is a one-on-one match between two people.

Points are scored and the match ends when one person is pinned or earning more match points. Points are earned for technical moves including take-downs, a reversal, an escape, or holding a person down.

"I would encourage that spectators come out and support the team. At the heart of it, it is still wrestling whether it is boys or girls. I am excited for the season."

In the state, there are 100 schools hosting a girls wrestling program that will have one classification and 14 weight classes. Schools in the Twin Lakes Conference hosting a girls program are: CTRA, Emmetsburg, SE Valley, Pocahontas Area and Manson-Northwest Webster.

Cheer on the Titan Girls Wrestling Team:

Mon., Nov. 28, 6 p.m. at Manson-NWW
Thur., Dec. 1, 6 p.m. at Spencer
Fri., Dec. 2, 4:30 p.m. at Humboldt
Tue., Dec. 6, 6 p.m. at Sibley-Ocheyedan HS
Thur., Dec. 8, 6 p.m. at SE Valley HS
Thur. Dec. 15, 6 p.m. at Home
Sat., Jan. 7, 10 a.m. at Ogden
Tue., Jan. 10, 6 p.m. at Sioux Central
Thur., Jan. 12, 6 p.m. at Kingsley-Pierson
Mon., Jan. 16, 4 p.m. JH at Spencer
Mon., Jan. 23, 4 p.m. JH at Sheldon
Thur., Jan. 26, 4 p.m. JH at Estherville
Fri., Jan. 27, 4 p.m. Super Regional TBA
Sat., Jan. 28, 9 a.m. JH at Emmetsburg
Mon., Jan. 30, 4 p.m. JH at Pocahontas
Thur., Feb. 2, State tournament at Coralville

IHGSAU Competition Guidance:

- ▶ 15 Varsity individual competition dates allowed
- ▶ May be in the form of scrambles, duals, or tournaments
- ▶ Only female vs. female competition allowed in grades 7-12
- ▶ Must follow certified weight descent guidelines and practices
- ▶ Girls must weigh-in at the event, on site regardless of the event. They may wrestle at the weight class they weigh in at and the weight class directly above

Regular Season Details:

- ▶ One Classification
- ▶ NFHS 14 Weight Classes to be used for the 2022-2023 season
Weight Classes: 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235
- ▶ Co-operative sharing encouraged and available to schools until after first week of practice
- ▶ Unlimited scrimmages in season for girls' programs allowed per local school district discretion
- ▶ Girls have the ability to practice with boys, per local school district discretion
- ▶ Combined JH/HS practice is permissible per local school district discretion

New to the Sport of Wrestling?

A MATCH in high school consists of three two-minute periods. The first period begins in neutral position with both wrestlers on their feet and facing each other. The second period begins with one wrestler choosing top, bottom, neutral, or deferring choice until the third period. The third period begins with the other wrestler choosing top, bottom, or neutral position.

POSITIONS - Most sports have two scoring positions - offense and defense.

1. Wrestling has three scoring positions - offense, defense, and neutral.
Offense is being on top and in control. Defensive position is being underneath and being physically controlled. The neutral position is on the feet with neither wrestler in control.
2. You can only be in one of these positions at a time.
3. You can only score in certain ways from each position.
4. Scoring match points is just improving from defense to neutral to offense to a pinning position, in that order.
5. When one wrestler is in the neutral position, the opponent must also be in the neutral position.
6. When one wrestler is in the offensive position, the opponent must be in the defensive position.

MATCH POINTS – Points scored during a match. There are eight basic ways to score match points in high school: Takedown, Escape, Reversal, Near Fall 2, Near Fall 3, Near Fall 4, Penalty Points, Locked Hands Penalty, Locked Hands Around the Head Penalty, Caution and Caution Point

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A Focus on Improved Literacy

Elementary classes at GTRA are implementing a focused effort on improving student literacy. Curriculum coordinator Mrs. TeGrootenhuis is working with teachers to raise reading fluency at each grade level.

Fluency is the ability to read with speed, accuracy, and expression. According to TeGrootenhuis, when fluency is raised, comprehension is also increased. Currently an average 50 to 60 percent of students are reading fluently in elementary

and the goal is to raise that to 80 percent. Goals have been developed for each classroom to track and measure improvements.

"One way that is very practical to addressing reading concerns is increased fluency. That means practice. Just like anything we want to do well, it takes lots of practice and repetition," she said.

The teachers are doing a class-wide fluency intervention. At each grade level, students will spend six minutes practicing. They are assigned a passage to read that is repeated during the week with measurements to show improvement. The goal is to do this practice three to five times each week, with a new passage assigned each week. The younger grades are working on sight words or letter sounds.

"The teachers are 100 percent on board. They have embraced it and they know the research shows this will make our kids better and stronger readers," said TeGrootenhuis.

Parents are encouraged to help their students achieve their reading goals. The biggest way to do that is to read with your children every day.

"The more reading out loud they can do, the better. We know that reading out loud improves fluency and that leads to improved comprehension. Kids should read out loud every night," she said. "Parents should also read out loud with their kids every night. Make a regular practice at home to read at least 15 minutes every day."

The fluency strategy is a head start on implementing a new literacy curriculum in the next school year.

Since last spring, a committee has been evaluating new literacy curriculum. This umbrella includes reading, writing, grammar, phonics, hand-writing, vocabulary and comprehension.

"The test scores show that we need to make changes in our curriculum.



And, teachers are begging for it. They know we need systemic curriculum to build from one year to the next.

"We have been evaluating the available resources and we plan to make a decision by January. We will then start professional development and training on the new curriculum in the spring. The new curriculum will then be implemented for the 2023-24 school year.

"Through the evaluation, we are looking for a curriculum that is all encompassing and covers all the pieces; that is teacher-friendly and practical; and that it is systemic and can be implemented K-6."

CONTINUED ON PAGE 7 ►



HOME PLATE

Jell-O Popcorn Balls

A simple and fun recipe for the kids to make.

- 1/4 cup butter or margarine
- 1 pkg. (10-1/2 oz.) mini marshmallows
- 1 pkg. (3 oz.) lime, cherry or any flavor Jell-O
- 3 qt. (12 cups) popped popcorn

Pop popcorn and place in large bowl.

Microwave butter and marshmallows in a large microwaveable bowl on high for 1-1/2 to 2 minutes or until marshmallows are puffed. Add the dry gelatin mix and stir until well blended.

Pour marshmallow mixture over the popcorn and toss to coat. With greased or moistened hands, shape popcorn into 16 balls. Cool completely before wrapping in plastic wrap or wax paper.

It is fun to shape popcorn into other shapes or press into large cookie cutters to shape for the holiday.



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The first year or two for the new curriculum bring growth and building as teachers figure things out and build it into their programs.

"The word analysis and phonics K-2 is going to feel new to a lot of our staff," she said. "Some may not have any background on phonics as they learned other reading approaches. Now we know better which means we can do better."

"We can embrace that repetition closes gaps, going slower does not. Our instinct as teachers is to slow down, but it is repetition that closes the gaps."

Ideally, a curriculum should be on a six to ten year cycle for evaluation. During year six, research is started and then in the next two to three years the new curriculum is adopted.

"There is more and more research and right now a lot on reading. There is more intentional research and more meta analysis available. What worked 20 years ago doesn't work now. Reading research has come a long way. Our kids are different now, too."

"We also want to keep the material fresh and updated for the students."

In addition to literacy, computer science is required by the state for K-5 next year and that will also be implemented at GTRA.



DATES AND TIMES

Monday, Nov. 21

4 p.m. 7th boys basketball vs. WB-M (A)
5 p.m. 8th boys basketball vs. WB-M (A)
6 p.m. JV boys basketball vs. Bishop Garrigan (H)
7:30 p.m. V boys basketball vs. Bishop Garrigan (H)

Tuesday, Nov. 22

6 p.m. JV girls basketball vs. H-LP (A)
7:30 p.m. V girls basketball vs. H-LP (A)

Monday, Nov. 28

4:30 p.m. JV boys wrestling at Sheldon
6 p.m. V girls wrestling at M-NW

Tuesday, Nov. 29

4 p.m. JV girls basketball vs. WB-M (H)
5 p.m. JV boys basketball vs. WB-M (H)
6 p.m. V girls basketball vs. WB-M (H)
7:30 p.m. V boys basketball vs. WB-M (H)

Thursday, Dec. 1

4 p.m. 7th boys basketball vs. H-LP (H)
5 p.m. 8th boys basketball vs. H-LP (H)
6 p.m. V boys wrestling triangular at Spencer
6 p.m. V girls wrestling vs. Spencer (A)

Friday, Dec. 2

4 p.m. JV girls basketball vs. Emmetsburg (A)
5 p.m. JV boys basketball vs. Emmetsburg (A)
6 p.m. V girls basketball vs. Emmetsburg (A)
7:30 p.m. V boys basketball vs. Emmetsburg (A)
4:30 p.m. V girls wrestling vs. Humboldt (A)

Saturday, Dec. 3

10:30 a.m. V boys wrestling vs. Okoboji (A)

Sunday, Dec. 4

11 a.m. Little Titan Youth Dual Tournament (H)

Tuesday, Dec. 6

4 p.m. JV girls basketball vs. St. Lake St. Mary's (H)
5 p.m. JV boys basketball vs. St. Lake St. Mary's (H)
6 p.m. V girls basketball vs. St. Lake St. Mary's (H)
7:30 p.m. V boys basketball vs. St. Lake St. Mary's (H)
6 p.m. V boys/V girls wrestling at Sibley

Thursday, Dec. 8

4 p.m. 7th boys basketball vs. Pocahontas Area (H)
5 p.m. 8th boys basketball vs. Pocahontas Area (H)
6 p.m. V girls/V boys wrestling at Gowrie

Friday, Dec. 9

6 p.m. V girls basketball at Rockwell City
7:30 p.m. V boys basketball at Rockwell City

Saturday, Dec. 10

10:30 a.m. V boys wrestling at Sibley

Monday, Dec. 12

4:30 p.m. JV girls/JV boys basketball vs. H-MS (A)
6 p.m. V girls basketball vs. H-M-S (A)
7:30 p.m. V boys basketball vs. H-M-S (A)

Tuesday, Dec. 13

4 p.m. 7th boys basketball vs. Sioux Central (A)
5 p.m. 8th boys basketball vs. Sioux Central (A)
7 p.m. MS band and vocal concert

Thursday, Dec. 15

6 p.m. V boys/V girls wrestling triangular (H)
7 p.m. R-A Elementary Concert

Friday, Dec. 16

4 p.m. 7th boys basketball vs. N-F (A)
5 p.m. 8th boys basketball vs. N-F (A)
4:30 p.m. JV boys basketball vs. East Sac (H)
6 p.m. V girls basketball vs. East Sac (H)
7:30 p.m. V boys basketball vs. East Sac (H)

Saturday, Dec. 17

10 a.m. V boys wrestling at Northwood
4:30 p.m. JV girls/JV boys basketball vs. Okoboji (A)
6 p.m. V girls basketball vs. Okoboji (A)
7:30 p.m. V boys basketball vs. Okoboji (A)

Monday, Dec. 19

7 p.m. HS band/vocal concert at Graettinger

Tuesday, Dec. 20

4 p.m. JV girls basketball vs. Sioux Central (H)
5 p.m. JV boys basketball vs. Sioux Central (H)
6 p.m. V girls basketball vs. Sioux Central (H)
7:30 p.m. V boys basketball vs. Sioux Central (H)

Friday, Dec. 23 through January 3

Christmas Break

Thursday, Jan. 5

4 p.m. JV girls basketball vs. North Iowa (A)
5 p.m. JV boys basketball vs. North Iowa (A)
6 p.m. V girls basketball vs. North Iowa (A)
7:30 p.m. V boys basketball vs. North Iowa (A)

Friday, Jan. 6

4 p.m. JV girls basketball vs. M-NW (A)
5 p.m. JV boys basketball vs. M-NW (A)
6 p.m. V girls basketball vs. M-NW (A)
7:30 p.m. V boys basketball vs. M-NW (A)

Saturday, Jan. 7

10 a.m. V boys/V girls wrestling (H)

Tuesday, Jan. 10

4 p.m. JV girls basketball vs. North Union (H)
5 p.m. JV boys basketball vs. North Union (H)
6 p.m. V girls basketball vs. North Union (H)
7:30 p.m. V boys basketball vs. North Union (H)
6 p.m. V boys/V girls wrestling at Sioux Central

Thursday, Jan. 12

6 p.m. V boys/V girls wrestling quad at Kingsley

Friday, Jan. 13

4 p.m. JV girls basketball vs. Pocahontas Area (H)
5 p.m. JV boys basketball vs. Pocahontas Area (H)
6 p.m. V girls basketball vs. Pocahontas Area (H)
7:30 p.m. V boys basketball vs. Pocahontas Area (H)

Saturday, Jan. 14

10 a.m. V boys wrestling TLC tourney at Emmetsburg

Monday, Jan. 16

4 p.m. 7th girls basketball vs. WB-M (H)
5 p.m. 8th boys basketball vs. WB-M (H)
4 p.m. JH boys/JH girls wrestling vs. Spencer (A)

Tuesday, Jan. 17

4 p.m. JV girls basketball vs. Alta-Aurelia (H)
5 p.m. JV boys basketball vs. Alta-Aurelia (H)
6 p.m. V girls basketball vs. Alta-Aurelia (H)
7:30 p.m. V boys basketball vs. Alta-Aurelia (H)

Friday, Jan. 20

4 p.m. JV girls basketball vs. WB-M (A)
5 p.m. JV boys basketball vs. WB-M (A)
6 p.m. V girls basketball vs. WB-M (A)
7:30 p.m. V boys basketball vs. WB-M (A)
4:30 p.m. V boys wrestling vs. OABCIG at Ida Grove

Saturday, Jan. 21

9:30 a.m. V boys wrestling vs. OABCIG at Ida Grove

Monday, Jan. 23

4 p.m. 7th girls basketball vs. WB-M (A)
5 p.m. 8th boys basketball vs. WB-M (A)
4 p.m. JH girls wrestling at Sheldon
4:15 p.m. 8th boys wrestling at Sheldon

Tuesday, Jan. 24

10 a.m. ILCC MS Show Choir
4 p.m. 7th girls basketball vs. N-F (H)
5 p.m. 8th girls basketball vs. N-F (H)
4 p.m. JV girls basketball vs. SL St. Mary's (A)
5 p.m. JV boys basketball vs. SL St. Mary's (A)
6 p.m. V girls basketball vs. SL St. Mary's (A)
7:30 p.m. V boys basketball vs. SL St. Mary's (A)

Thursday, Jan. 26

4 p.m. JH girls wrestling vs. ELC (A)
6 p.m. V boys wrestling (H)

All activities subject to change.
Spectator guidelines vary
by location. Please view our
website for updates.



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Diana Wichman Gave 20 years to Service in the Navy

Diana Wichman grew up in Ruthven with her two brothers and graduated here in 1979. She joined the Navy after high school and went to boot camp in Orlando. She then spent 5-1/2 years in Iceland at the naval air station. She was then at NETC (Naval Education Training Center) in Newport, Rhode Island.

"From there I went to Naples, Italy," she said. "I came back to Pensacola, Florida and then back to Italy. I ended up at Miramar, California and after it shut down I went to the naval station in San Diego."

Her duties in the Navy were in law enforcement and the training of explosive and drug detection dogs. Her service lasted 20 years and 15 days.

"I told my parents in the sixth grade that I was going in the Navy. My dad was in the Army. I had a cousin in the Navy and I decided that is what I would do.

"When I was in Iceland, we played basketball, softball and volleyball so we traveled to England, Scotland, Wales, Spain, and Italy. I went to patrol dog school in what was West Germany at the time. The class included a mixed class of myself, two Army servicemen and the rest were German nationals.

"I would definitely recommend going in to the service. The military will pick up quite a bit of the cost of education. There is good opportunity to see the world. Also, it makes the younger generation grow up. Even when I went in, I was very immature and boot camp alone really teaches you how to grow up and how to respect people. You come back a different person."

When Diana returned from service she did a few part-time jobs before starting at the Ruthven Care Center. She started in housekeeping and then as a CNA. It wasn't long before she became the maintenance supervisor at the center and is reaching the 20-year mark there.

"I know a lot of the residents there," she said. "Many of them know me from growing up here. I did work for them when I was young. I picked rock, walked beans, we mowed yards and helped them take care of things. It makes it easier for the residents when they know someone and see a friendly face. It is a difficult transition for them when they move in to the assisted living or care center."

Diana is a member of the American Legion Post 33 and was named Citizen of the Year in 2018. Last June, she retired from serving as a driver with the local EMS team, a commitment she had for 10-12 years. "I miss part of it, but I don't miss getting the calls when I am busy at work."

Diana says she appreciates the education she got attending school at Ruthven. "I definitely appreciate it. I think we had, and still have today, the top of the line education.



Diana, Megan and Remington Wichman.

"I think there is good opportunity with getting their college class credits and many of them are able to work a job locally."

While in school, Diana was involved in all of the sports activities. "You are not a number in a small school. You have an opportunity to play and not just sit on the bench."

Diana's daughter, Megan, also attended school in Ruthven and experienced the transition from Lakeland, to Ruthven-Ayrshire, to GTRA her senior year in 2012-13.

"The first two changes were not that noticeable, but the last change to GTRA was quite different," Megan said. She is a clerk at the Spencer Post Office, a job she has held for four years.

Now, Megan's son Remington, is attending R-A as part of the kindergarten class.

Learning
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Newsletter published by the Ruthven-Ayrshire Community School District. Articles and photos by Connie J. Reinert, Beyond Broken, unless otherwise noted.

