

# Fall Sports Preview



Be bold. be courageous.  
be your best.

712-527-4401 | 108 South Locust Street | Glenwood, Iowa 51534



# Glenwood volleyball in rebuilding mode

By JOEL STEVENS  
ASSOCIATE EDITOR

The Glenwood girls volleyball team graduated four of its top five hitters and its top setter on a team that won 36 matches a year ago.

The idea the Rams are in a “rebuilding year” is a word some coaches might bristle at.

Not Glenwood coach Paula Carman. She embraces it.

“In volleyball I don’t mind that word so much,” the second year Rams’ coach said. “Because I think there’s so many components that go into it, it does truly take re-building. When you graduate that many people and those girls have played as many years as they have, we’re rebuilding leadership, we’re rebuilding positions, we’re rebuilding offenses. It is a rebuilding look. But I think the girls are embracing it and they’re ready to compete.”

Sophomore Charley Hernandez leads the returners for Glenwood. As a freshman, Hernandez was second on the team with 247 kills. No other returning player recorded more than 15 kills last season.

Carman will definitely lean on Hernandez in her attack. Zoie Carda, Danika Arnold and Maddie Roenfeld are also looking to play key roles up front.

With the loss of All-Hawkeye 10 Conference setter Lauren Roenfeldt, Carman is experimenting with a 6-2 offense utilizing two setters. McKenna Koehler, Alli Koontz and Olivia Hanover are contending for those setter spots.

“They’ve been putting in a



JOEL STEVENS/THE OPINION-TRIBUNE

The 2022 Glenwood volleyball team. Back row (from left): Coach Carman, Camryn Mullanix, Maddie Roenfeld, Ilsa Kemling, Brynn Schrock, Coach Christian and Coach Schneider. Middle row: Zoie Carda, Charley Hernandez, Kayden Kahl, Danika Arnold, Olivia Hanover, Alli Koontz and Kaylee Wray. Front row: Delaney Holeton, McKenna Koehler, Hadley Carman and Hallee Lincoln.

lot of work and a lot of learning has taken place,” she said. “We have some experienced players, just as far as game time experience but not at Glenwood, in their club teams. And so, they’ve had floor time, but a lot of the girls are in new roles so we’re getting through those logistical things right now and we’re seeing progress. That team unity and team cohesiveness.”

Carman’s biggest concern right now isn’t experience – its leadership on the court.

“You need positive leadership to get a team clicking when maybe we’re faced with challenges or competition, we have to battle in ways maturity

wise we’re maybe not there yet,” she said. “I think finding those players who can lead us a lot of ways, emotionally, vocally and volleyball IQ are things we’re fast tracking right now. We’re putting it on all the girls to do that.”

Carman has no questions about her team’s athleticism. The athletes are there to compete with any team on their schedule.

“They’re not afraid to swing big and serve aggressive and get on the floor. We have blockers that are working hard. We’re seeing leaps and bounds in progress and a lot of good connections up front with our blockers. That will really help our defense. With rally scoring that’s going to help us offensively just as much.”



If the Rams are going to defend their Hawkeye 10 Conference title, Carman knows it will be a season-long process. One she isn’t rushing.

“We’re taking things in stride,” Carman said. “Our goal is to peak at the right time. We’re not stressing or over-doing anything right now. The girls have a good perspective on that. I think we’re going to surprise people.”


## Glenwood Volleyball

- Aug. 25 at Tri-Center
- Aug. 27 at Harlan Tourney
- Aug. 30 at Shenandoah
- Sept. 3 Home Tourney
- Sept. 8 at Red Oak
- Sept. 13 at Atlantic
- Sept. 15 at C.B. Lewis Central
- Sept. 17 at Red Oak
- Sept. 24 at Nevada Tourney
- Sept. 27 at Kuemper Catholic
- Oct. 4 vs. Harlan/C.B. St. Albert
- Oct. 6 at Denison
- Oct. 8 at Indianola Tourney
- Oct. 13 vs. Creston
- Oct. 15 at C.B. Lewis Central
- Oct. 18 Regionals
- Oct. 31-Nov. 3 State Meet

“You throw out that word rebuilding and people don’t even think about being competitive and I think these girls are fighters and they’re going to compete a lot better than people think and surprise some people.”



**Proud Supporters  
of the Mills County  
Sports Teams!**



**GLENWOOD  
FAMILY | DENTISTRY**  
**PAUL ALBERTSON, DDS**

Family and Cosmetic Dental Care  
Emergencies Welcome

**712-527-3144**  
107 Locust Street, Glenwood, IA



**Kenkel**  
FAMILY  
CHIROPRACTIC

**407 Sharp St. Glenwood**  
**712-527-5800**

**CHIROPRACTIC CARE FOR ALL AGES!**

Online scheduling now available at  
**[www.kenkelchiro.com](http://www.kenkelchiro.com)**

**SPECIALIZING IN  
PREVENTION  
AND  
TREATMENT  
OF SPORTS  
INJURIES**



# Rams return talent to compete in 2022

By JOEL STEVENS  
ASSOCIATE EDITOR

With 15 letterwinners and a large group of starters returning, Glenwood football coach Cory Faust is excited about his team's prospects this season.

"I think we have good talent and guys that care about football and put the time in to get better and really prepare well," he said. "It's going to be a fun group to watch."

The Rams have the athletes to improve on last year's 4-5 record, Faust said. That talent just needs to find a role and find success.

"We have a lot of players that I feel are above average. What's yet to be seen is are they going to be way above average, are they all district caliber? The really good teams have no weak spots in their lineups, and I think we have an opportunity to be one of those teams but it's hard to tell in football until you get them out under the lights."

Faust counts his team's overall depth and team speed among their strengths. The offense appears to have the most depth returning, especially at the skill positions.

Quarterback Kayden Anderson started a handful of games a year ago as a sophomore, throwing for 552 yards and a pair of touchdowns. He opens the season as the Rams' QB1.

"He has an outstanding arm, and he has really improved as an athlete," he said. "He has good speed; he may not be an elite runner, but he can definitely make plays with his legs. He's gotten a



PHOTO COURTESY BY PORTRAITS BY AMY

The 2022 Glenwood football team. From row (from left): Keaton German, Briten Maxwell, Max Hollander, Adrian Bare, Anthony Driscoll-Lee, Tristan Meier, Preston Longchaya, Colby Frye and Jackson Mulkins. Second row: Cooper Delashmutt, Trey Darden, Virginio Rangel-Gonzales, Nick Delaney, Ben Batten, Aaron Bendt, Andrew Williams, Payton Longmeyer, Bart Mower, Christian Eiseman and Kellan Scott. Third row: Kelley Barrett, Reagan Skarnulis, Alex Colwell, Mason Lunning, Brodie Schafer, Justin Poland-Molina, Pauley Simonetti, Creighton Johansen, Nolan Clark, Tate Mayberry and Tony Vanecek. Fourth row: Tyler Harger, CJ Carter, Zac Kelsey, Gavin Schau, Casey Godbout, Nolan Mount, Gavin Connell, Kaden Flott, Reilly McEwen, Austin Wear, Taden Kindt and Cole Staudt. Fifth row: Conner King, Carsen Sorenson, Logyn Eckheart, Ayden Gibson, Dylan Wyatt, Parker Getter, Logan Hughes, Renner Bardsley, Trent Patton and Cody Krause. Back row: Coach Faust, Coach Gerdes, Coach Landstrom, Coach Diekmann, Coach Miller, Coach Teegarden, Coach Gibson, Coach Hansen, Coach Visser, Coach Loeffelbein, Coach Bueltel, Coach Williams.

lot bigger and stronger so he's durable and he's a great leader. We like how he carries himself."

Also back are the Rams' top two rushers in Tate Mayberry and C.J. Carter and top receiver Cody Krause.

"We will use him a lot of different ways," he said. "You might see him throw a pass or two this year. We hope to use him on defense too. The key is keeping him healthy. He's a playmaker and we want to keep him fresh all season."

Krause caught a team high 29 passes for 516 yards and a TD.

Faust admitted his offensive line isn't "super experienced" but all-district starters Logyn Eck-

heart and Kaden Flott do return. After, there is a deep pool of relative newcomers.

"We really like our depth though," he said. "Good sized juniors that are really athletic and move well and are strong in the weight room. We really feel like we have eight guys who could play for us on the offensive and defensive lines."

The Rams' schedule won't

make it easy. They have one of the toughest schedules in Class 4A this season, with two defending state champions and six playoff teams among their opponents.

## Glenwood Football

Aug. 19 vs. Sioux City East

Aug. 26 vs. Atlantic

Sept. 2 at Indianola

Sept. 9 vs. C.B. A.L.

Sept. 16 at Harlan

Sept. 23 vs. Des Moines Hoover

Sept. 30 vs. Winterset

Oct. 7 at C.B. Lewis Central

Oct. 14 at C.B. T.J.

Oct. 21 vs. Dallas Center-Grimes

"I've always believed football is football, you shouldn't change your approach from week to week depending on who you play," Faust said. "You just play every game like it's its own one game season."

Faust isn't daunted by the schedule or how his team will react to adversity. That's football, he said. Good teams adjust.

"I think we can play with and beat anybody in the state," he said. "But we have to continue to get better and be hungry and keep doing the small things."

### TEAM WORK MAKES THE DREAM WORK!

## GLENWOOD STATE BANK

32 N. Walnut, Glenwood, 712-527-3157  
Frontier Savings Bank, 940 Valley View Drive, Council Bluffs, 712-328-9715  
First State Bank Office, 711 Main St., Tabor, 712-629-2435  
www.glenwoodstatebank.com

MEMBER FEDERAL RESERVE SYSTEM FDIC

## Offering Comprehensive Care in Glenwood for Each Stage of Life

Learn more at [bestcare.org/glenwood](https://bestcare.org/glenwood)



**METHODIST**  
PHYSICIANS CLINIC

320 Ebaugh St.  
Glenwood, IA 51534  
(712) 527-5204



# Glenwood has sights set on state title run

By JOEL STEVENS  
ASSOCIATE EDITOR

“Yep.”  
That’s Glenwood cross country coach Todd Peverill’s response to the question he’s been hearing a lot: does his 2022 team have a shot at winning a state championship?  
“I do believe we can,” said the coach, in his 25th season coaching the Ram harriers. “We’ll find out quick. We’re rated fourth and we’ll face two of the top teams in Pella (Sept. 3).”

With his entire varsity lineup returning from a year ago from a team that placed eighth at state and a strong pool of youthful talent joining the program, Peverill has good reason to be excited.  
“The (Johnny) Fuller years were deep but like six runners deep. This team, we’re like 17 runners deep,” Peverill said, referring to the Glenwood grad who won a state cross country title for the Rams in 2010. “At workouts I watch them, and I think, ‘Holy cow, I give varsity shirts to the top 12 runners, but we have 15 battling for those 12 its going to be close.’”  
Bryant Keller and Andrew Smith, according to Peverill, are his top two runners right now. Both were individual state qualifiers a year ago, with Keller finishing 11th. Following that group is Liam Hayes, another state qualifier, Preston Slayman, Jake Shannon, Jackson Griffin and freshman Kevin Coots battling it out for the final varsity spots. Coots was sec-



JOEL STEVENS/THE OPINION-TRIBUNE

**The 2022 Glenwood Boys Cross Country Team. Back row: Coach Todd Peverill, Andrew Smith, Erik Russell, Jake Shannon, Hunter Purvis, Jackson Griffin, Josh Leu and Coach Lu Peverill. Middle row: Ethan West, Jack McMullen, Isaak Ellis, Maverick Mixan, Landon McGoldrick, Liam Hays, Kevin Coots, Bryant Keller, Will Peters and manager Amaurya Hunt. Front row: Manager Chloe Pierce, Preston Slayman, Dillon Anderson, Jaden Evans, Aaron McQueen, Alex McQueen, Jack Smithers, Brad Peters, Sawyer Patzer and Manager Kaitlyn Carnes.**

ond as an eighth grader at the Class 3A middle school state meet a year ago.  
But deciding which seven will make up the varsity line-up meet to meet is easy decision for Peverill: the times decide.  
“Whoever has the fastest seven times at the varsity meet is the varsity seven at the next meet,” he said. “They battle it out. Our meet, Pella and the Ballard meets are all varsity and junior varsity combined so I don’t even have to make a decision there. They battle it out and I don’t have to make a decision until the fourth meet who’s on varsity and who’s on JV.”

Conditioning will not be an issue, Peverill said. All of his runners had strong summer workouts and are itching to start the season.  
“I’d bet most of them are in mid-season or beyond shape from what they were last year,” he said. “I’m very pleased with the summer they had. They worked hard. We’re going to have some surprises.”  
Peverill stopped short of calling this his most talented team top to bottom but he said it’s up there.  
“We’re probably deeper; whether we’re more talented or not, time will tell,” he said. “Johnny (Fuller) won a state title,

### Glenwood Boys Cross Country

- Aug. 27 Home Meet
- Sept. 3 at Pella
- Sept. 12 at Ballard
- Sept. 17 at Pella
- Sept. 24 at Harlan
- Sept. 29 at Shenandoah
- Oct. 6 at Atlantic
- Oct. 13 at H-10 Meet at Harlan
- Oct. 19 State Qualifier at Glenwood
- Oct. 29 State Meet

and we have the talent to do that, but we’ll find out.”  
Peverill doesn’t have a problem beginning the season ranked No. 4 even though he feels that’s underrating his team.  
“It’ll put the fire under the guys,” Peverill said.  
Glenwood will host this year’s state qualifying meet on Oct. 19 at Glenwood Lake Park. It’s the third time the Rams have hosted since 2014.  
“I knew a couple weeks ago we’d probably be hosting so I’ve been hinting to the guys we need to start training on the course and running it properly because we had a pretty good chance of hosting, so they’ve been doing that,” he said. “It’s always nice to have it on our course.”

# Rams aiming for fifth straight state bid

By JOEL STEVENS  
ASSOCIATE EDITOR

The Glenwood girls cross country team returns the bulk of a team that finished second in the Hawkeye 10 Conference and qualified for the state meet for the fourth straight season.  
Individual state qualifiers Madelyn Berglund and Kates Hughes along with Emerson Griffin, Kate Hughes, Ryley Nebel, Lauren Hughes, Breckyn Petersen and Brooklyn Schultz all return this season to a form a core that has head coach Marissa Klindt excited for the 2022 season.



JOEL STEVENS/THE OPINION-TRIBUNE

**The 2022 Glenwood Girls Cross Country Team. Front row: Audrina Johansen, Kate Hughes, Aubrey Mullanix, Mahala Rang and Madelyn Berglund. Second row: Breckyn Petersen, Avery Lorson, Haylee Hughes, Sara Kolle, Sydney Rohrberg, Brooklyn Schultz and Lauryn Stille. Back row: Assistant Coach John Huey, Avery Newman, Ryley Nebel, Emma Johnson, Lauren Hughes, Julia Nightser, Emerson Griffin and Head Coach Marissa Klindt. Not Pictured: Kianna Herron.**

experience gives her team a headstart.  
“Last year at state we didn’t finish where we wanted to be,” she said. “We came into state ranked fifth and finished 11th, so the girls were disappointed. I think that lit a fire under them. They’ve gone out and worked hard, and they’ve really taken the whole idea of injury prevention serious because that’s something that hurt us last year.”  
Despite their success, the Rams

didn’t quite have a full complement last season due to nagging injuries. Klindt said the plan this year has been to stem that issue with a focus on building core strength early in the season and refining running form.  
“We thought we’d try something new this year and we brought in our athletic trainer, and she talked to us about resistance bands and exercises we can do to strengthen our hips and quads,” she said. “We talked about injury pre-

### Glenwood Girls Cross Country

- Aug. 27 Home Meet
- Sept. 3 at C.B. A.L.
- Sept. 10 at C.B. Lewis Central
- Sept. 19 at A-D-M
- Sept. 24 at Harlan
- Sept. 29 at Shenandoah
- Oct. 6 at Atlantic
- Oct. 13 at H-10 meet at Harlan
- Oct. 19 State Qualifier at Glenwood
- Oct. 29 State Meet

vention to shins and proper shoes and keeping our core strong. Hopefully it works. We have high hopes.”  
Those hope include a possible run at the conference title – Harlan nipped the Rams 55-59 in last year’s conference meet scores – and a return to state.  
“We have our goals, and we were so close to Harlan last year,” she said. “I know the girls are really fighting for that conference title. It will all come down to if we can stay healthy and make sure that no sicknesses or illness get us down. But I think this team can be pretty dang good.”

# East Mills cross country aiming to keep improving

By **JOEL STEVENS**  
ASSOCIATE EDITOR

The East Mills cross country teams has nine boys and no girls out this season.

“We’re still working on it,” said Wortman, who coaches the boys’ and girls’ squads. “We’re trying to recruit a couple (girls).”

The Wolverine boys’ roster appears to be set. With nine out who all ran last year, and seven who earned varsity letters, Wortman likes his team’s experience level.

“They’re all veterans with at least a year in the program,” Wortman said. “We have four seniors, three juniors and two sophomores. So not too bad.”

Anthony Obermiller, one of the four seniors, is the Wolverines’ presumptive top runner.

“He went to some running camps

this summer and he’s come in looking pretty good,” Wortman said.

Camryn Johnson, Thoren Wade and A.J. Laramy made up the rest of the senior group.

“They’ve all come in with good attitudes and look like they ran a little bit over the summer,” Wortman said. “So far, they seem to be in good shape. We haven’t pushed really hard, but our first meet is right around the corner.”

Junior Steven Barrett will also be among the team’s top runners.

Just how competitive the Wolverines can be will depend on how quickly Wortman’s top six round into shape.

“I think we’ll continue to improve,” Wortman said. “Last year, we picked up a few individual medals. I think we can do that a little more this year. I’m hopeful we can place as a team this year. I think we have a shot.”



JOEL STEVENS/THE OPINION-TRIBUNE

The 2022 East Mills cross country team. From left: Walter Seipold, Cooper Stearns, Jordan Williams, A.J. Laramy, Camryn Johnson and Steven Barrett. Not pictured: Thoren Wade ande Anthony Obermiller.

East Mills  
Cross Country

Aug. 23 at Shenandoah  
Aug. 27 at Glenwood  
Sept. 6 at Treynor  
Sept. 12 at Red Oak  
Sept. 15 at SW Valley  
Sept. 20 at Tri-Center  
Sept. 29 at Shenandoah  
Oct. 15 at Missouri Valley  
Oct. 19 State Qualifier  
Oct. 29 State Meet

# GLENWOOD/LC SWIMMERS



Glenwood / L.C.  
Swimming

Aug. 27 at Dowling Catholic  
Sept. 1 vs Carroll  
Sept. 6 at C.B. A.L.  
Sept. 10 at Sioux City West  
Sept. 19 vs. Atlantic  
Sept. 27 at Sioux City North  
Oct. 8 at Johnston  
Oct. 15 LC Invite  
Oct. 25 at C.B. A.L.

JOEL STEVENS/THE OPINION-TRIBUNE

Glenwood students Anna Lunning (left) and Lexie Starkevicius are members of the Glenwood/Council Bluffs Lewis Central co-op swim team this season.

**HILLTOP**  
ANIMAL HOSPITAL

422 MAIN ST | MALVERN , IA  
**712-624-8110**  
MICHAEL JOYCE, D.V.M.  
SUE WALTERS, DVM

STAY SAFE  
MILLS COUNTY  
SPORTS TEAMS!

- SCREEN PRINTING
- TEAM APPAREL
- EMBROIDERY
- T-SHIRTS

**JOE DESIGNER**  
T-SHIRT AND SIGN Co  
SINCE 2005  
GLENWOOD • IOWA

427 SHARP ST.  
GLENWOOD, IOWA  
**(712) 527-9565**

509  
Platte Ave

**Dmain's**  
**REPAIR**  
LLC

**PROUD OF  
EAST MILLS  
SPORTS  
TEAMS!**

*Dmain*  
402-616-6708

*Ryan*  
712-249-4461

**DOUGLAS D. BURCHETT**  
Agent

712.624.8620 | 712.370.1977 cell  
712.624.8457 home  
Douglas.Burchett@fbfs.com  
107 West Street, P.O. Box 179

**FARM BUREAU**  
FINANCIAL SERVICES  
It's your future. Let's protect it.™

Registered Representative/Securities & services offered through FBL Marketing Services, LLC,+ 5400 University Avenue, West Des Moines, IA 50266, 877/860-2904, Member SIPC  
Farm Bureau Property & Casualty Insurance Company,+\* Western Agricultural Insurance Company,+\* Farm Bureau Life Insurance Company,+\* +Affiliates \*Company providers of Farm Bureau Financial Services

**Good Luck, RAMS!**

58950 IOWA RD  
GLENWOOD, IA  
712-527-9454

1735 MCPHERSON AVE  
COUNCIL BLUFFS, IA  
712-323-0598

**The  
Animal  
Clinic**

**BARRETT** AUTO  
CENTER

GLENWOOD'S #1 PRE-OWNED  
CAR DEALER

**Good Luck to All the  
Fall Sports Teams!**

401 S Locust St., Glenwood, IA  
Sales: (712) 527-5525 Service: (712) 527-5525  
**WWW.BARRETTAUTOCENTER.COM**

# Wolverines will contend for Corner crown

By **JOEL STEVENS**  
ASSOCIATE EDITOR

W.I.N.  
“What’s important now.”  
That’s the mantra for the East Mills volleyball team as they head into the 2022 season. The Wolverines finished 22-14 last season and return the bulk of their experience from that team.  
“We’ve looked really good so far,” said East Mills coach Connie Viner. “They’re all very committed. They did a great job in summer workouts and we did very well at the summer team camp at Iowa State. We’re learning to work together and stick to our process.”  
That process includes a lot of experience up and down the line up. The top seven hitters all return, including All-Corner Conference player Em-



JOEL STEVENS/THE OPINION-TRIBUNE  
**The 2022 East Mills volleyball team. Back row (from left): Olivia Embree, Sophia Morrical, Paige Noble, Audrey Boban, Brooke Jones, Loycee Palmer, Taylor Gravitt and Kate Ripperger. Middle row: Venna Sayers, Ruby Hastie, Mia Goodman, Evy Stoakes, Ryleigh Brodigan, Kandra Laumann, Mallory Lang, Jenna Thornburg and Adalie Goy. Front row: Jaimee Davis, Emily Williams, Miah Urban, Aspen Crouse, Kobe Viner and Grace Escritt.**

ily Williams (285 kills), as do the team’s top setter in Miah Urban (735 set assists) and the team’s top defensive specialist in Mia Goodman (307 digs). Both Urban and Good-

man earned all-conference nods. Also back are top hitters Jaimee Davis (192 kills) and Ryleigh Brodigan (146 kills).  
Viner said that varsity experience in that core group is the team’s biggest strength. Just how fast they can gel and pick up where they left off last season will be the test.  
“We have a lot of young players pushing them and bringing competitiveness,” Viner said. “We have to continue to improve our communication. It’s huge for us playing together.”  
Conditioning shouldn’t be an issue, Viner said. Her team had a great off-season in the weight room and got plenty of court time in during summer sessions.  
“It’s early but we’re doing really well there,” she said. “They did a good job being committed but we’re always working at it.”

**East Mills Volleyball**  
Aug. 25 at Southwest Valley  
Aug. 27 at AHSTW  
Aug. 30 at Lenox  
Sept. 3 at Missouri Valley  
Sept. 6 at Griswold  
Sept. 8 vs. Clarinda  
Sept. 13 vs. Sidney  
Sept. 17 at Mount Ayr  
Sept. 20 vs. Fremont-Mills  
Sept. 24 at Bedford  
Sept. 26-29 Corner Conference Tourney  
Oct. 4 at Stanton  
Oct. 6 at Mount Ayr  
Oct. 13 vs. East Union  
Oct. 18 Regionals  
Oct. 31-Nov. 3 State Meet

# East Mills will be quick, athletic squad on gridiron

By **JOEL STEVENS**  
ASSOCIATE EDITOR

As the East Mills football team heads into the 2022 season, co-head coach Kevin Schafer likes his team’s skill position group.  
The coach, however, has major questions about who exactly will be blocking for them.  
“We have good skill people,” he said. “Good speed and quickness. Size is our problem. You can see that by looking at us.”  
With 21 players out, depth will be a concern – at most every position, but especially on the lines.  
“We’re moving one of our fullbacks to an offensive line position and one of the other spots is between somebody who played line-backer and another kid who was a tight end. That’s where we are on the line.”  
The line depth has been an ongoing issue, Schafer said. They haven’t had a ton of size in the program for a few years, but the play calling has attempted to remain balanced based on what their



**The 2022 East Mills football team. Back row (from left): Michael Wilson, Nick Maurer, Jiri Brodigan, Isaac Mills and Cooper Hagen. Middle row: Jack Gordon, Sheldon Vandenberg, Brodyn Wray, Jackson Embree, Levi McDonald, Syllas Allen and Zach Biggerstaff. Front row: Zach Thornburg, Caleb Urban, Ryan Stortenbecker, Matthew Haley, Mason Crouse, Davis McGrew and Peyton Embree.**

quarterbacks could do.  
“We might have to throw more this year because it might be tough to run,” Schafer said.  
Zach Thornburg appears the odds-on favorite to win the top quarterback job. The junior completed 16-of-28 passes for 131 yards and a touchdown while running for 121 yards and three scores in a back-up role last season.  
“He was a backup last year and played a lot in J.V. games so he has some experience,” Schafer said.  
Ryan Stortenbecker, who is the team’s top tailback and returning leading rusher (474 yards, nine TDs) is also practicing some at quarterback.  
“He could be an all-conference or all-district type running back but it might be tough for him,” Schafer said. “We’re going to try to get him involved in the passing game, so we get the ball in his hands more.”  
Also returning for the Wolverines are top receivers Mason Crouse (45 catches, 586 yards, five TDs) and Davis McGrew (41

catches, 526 yards, 10 TDs).  
Defensively, the Wolverines face the same issue: line depth.  
“We don’t have enough on the defensive line, so we’re going to have to play with speed,” Schafer said. “We’re going to have to play really fast on both sides of the ball.”  
The Wolverines had a good off-season in the weight room, Schafer said. Fourteen to 15 players were consistently in there getting stronger and ready for the season all summer long.  
“The ones that weren’t there,

**East Mills Football**  
Aug. 26 at Woodbine  
Sept. 2 vs. Lenox  
Sept. 9 at Griswold  
Sept. 16 vs C-A-M  
Sept. 23 at Fremont-Mills  
Sept. 30 vs. Bedford  
Oct. 7 vs. East Union  
Oct. 14 at Stanton

they aren’t in as good of shape,” he said.  
How good the Wolverines came be and if they can improve on last season’s 4-5 record will depend on line play.  
“If we can hold up, pass block well enough and not get blown off the ball up front, we’ll be all right. Football is generally won up front. We’re going to probably have to find other ways to win. I think there’s going to be some teams on our schedule that are more physical than us.”

## Little Red's Service




### Donny Graalts

202 Main St.  
Malvern, Iowa  
712-624-8521

*If your wheel's busted  
or your axle's draggin'*

## PORTRAITS BY



portraitsbyamy@hotmail.com • portraitsbyamy.biz • 712-520-2039  
51045 250TH ST | GLENWOOD, IOWA

# New head coach, new era for Fremont-Mills football

By JOEL STEVENS  
ASSOCIATE EDITOR

The Fremont-Mills football program has a new coach but the same old expectations heading into the 2022 season.

Jeremy Christiansen stepped down as the Knights' head coach in the offseason and handed over the reins to the program to long-time assistant Greg Ernster. The new coach sees a seamless transition on the sideline.

"Our kids feel natural with me," said Ernster. "The only difference in my position from this year to last year is now I'm 100 percent calling the plays and I moved from coaching the offensive line to more coaching running backs and quarterbacks. But other than that, it's been a smooth transition. They know what I expect. Our seniors have done such a great job relaying that to the younger kids."

The Knights reached the playoffs in a 6-4 season last year and they return a senior-heavy group that understands what they're trying to do on the field.

"They know what we want to accomplish, and we have leaders helping out our younger athletes to do that," he said.

The Knights' offense starts in the backfield where top two running backs from a year ago return in Braxton Blackburn and Payten VanHouten. Blackburn ran for 1,064 yards and 14 TDs and VanHouten tallied 657 yards and 11



COURTESY PHOTO

**The Fremont-Mills football team. Back row (from left): Mason Reed, Cooper Marvel, Samuel Daly, JT Mahaney, Taylor Reed, Dylan Linkenhoker, Caleb Brandt, Anders Langill and JW Linkenhoker. Middle row: James Wendlend, Hunter Collins, Lane Harris, Luke Madison, Paxten VanHouten, Braxton Blackburn, Lawson Kling, Brady Owen and Payten VanHouten. Front row: Talon James, Landon Roof, Carter Rycroft, Sawyer Forney, Blake Schaaf, Owen Thornton, Ike Lemonds, Rowan Howe, Christian Mayer and Landon Ramos.**

TDs.

"For the past 13 years we've been a run-first offense, and that's certainly not going to change with the two great backs we have," Ernster said. "We're going to rely heavily on those guys to carry the load for us, which is great. Having two guys as good as they are who can split the load a little bit is really good thing for us."

Taylor Reed appears the favorite to replace three-year starter Jake Malcom at quarterback. Reed threw just seven passes a year ago as Malcom's backup, but he made his biggest mark as the Knights' top receiver.

"What's good and bad about having Taylor there is he is prob-

ably the best quarterback we have but he was also one of our best receivers last year," he said. "He was such a big body threat so taking him from receiver to quarterback was tough, but it was probably our best decision. We have a couple other kids who will slide in there (at quarterback), but he's really done a good job running the offense."

The 6-foot-2, 220 pounder brings a different dimension with his punishing running style and strong throwing arm.

"He's a bigger kid and he's done a tremendous job this summer leaning up knowing that we're going to rely on him to run the ball," Ernster said. "He also

has the best arm on the team. He can throw it a country mile and he's accurate. We're not going to sling it all over but when we do throw it, we want to be effective and efficient."

At a team camp in mid-July, Ernster saw good balance from his offense and defense. Both were physical and active. But he'd say his offense is slightly ahead of his defense right now if for no other reason than the coach is still shaking out positions on the side of the ball.

With less than 30 listed on the roster, depth is a concern for Ernster.

"But I'd say we probably have more depth in our skill positions

### Fremont-Mills Football

Aug. 26 at C-A-M  
Sept. 2 vs. Stanton  
Sept. 9 vs. Audubon  
Sept. 16 at Bedford  
Sept. 23 vs. East Mills  
Sept. 30 at East Union  
Oct. 7 vs. Griswold  
Oct. 14 at Lenox

than we've ever had in the last few years. We probably don't have the offensive line depth we've had in years past, but we still have five or six guys there. We have five or six more skilled, athletic guys so that's a plus."

Conditioning shouldn't be an issue. Ernster doubles as the school's strength coach and he said the goal was for his team to hit 80 percent of their summer workouts. Most met or exceeded the goal.

How that all translates to the field remains to be seen. What is clear is the Knights' goals haven't changed, new coach or not.

"Our expectations at Fremont-Mills will never change," Ernster said. "Our goals and expectations are to win the district, make a deep run in the playoffs and finish the season in the dome. And I think this team has a possibility to do that."

# Knights return young, talented team this season

By JOEL STEVENS  
ASSOCIATE EDITOR

With just one senior out for this year's team, the Fremont-Mills volleyball team will be short on upperclassmen but not short on talent.

The bulk of last season's squad returns, including four of the team's top six hitters – including senior Teagan Ewalt and her 143 kills – for co-head coaches Molly Crom and Taylor Sudmann.

"We only have one senior out this year and she's a great leader," Sudmann said of Ewalt. "But I think we have a lot of talented girls, and I'm excited to see what we can do this year."

The Knights had a strong off-season in the weight room. They also attended the team camp at the University of South Dakota where both coaches saw plenty of progress.

"We saw some amazing stuff there (at South Dakota)



JOEL STEVENS/THE OPINION-TRIBUNE

**The 2022 Fremont-Mills volleyball team. Back row (from left): Back row (from left): Kimber Wederquist, Hayleigh Mattox, Laney Morrical, Braxie Moreland, Carlie Chambers, Ryleigh Ewalt, Lindze Smith, Lilly Baurbor, Teagan Ewalt, Kinley Blackburn, Saige Mitchell, Hannah Wilson, Reese Gute, Bella Gute, Olivia Mahaney and Macy Mitchell. Front row: Addi Brant, Mylie Hughes, Ellie Switzer, Grace Roof, Lily Crom, Emily Madison, Leslie Lopez, Lana Alley, Maria Forney and Claire Korver.**

so we're very excited," Crom said.

Sudmann will focus more on coaching the offense and the hitters this season and Crom the defense. A big area the Knights look to improve

on is consistency in both areas. They limped to a 4-20 record last season, including 1-4 in record the Corner Conference.

"I feel like we got a lot of our kinks worked out at camp

and that's great feeling to have heading into the season," she said. "We're ready to go."

Both coaches count their experience as the biggest strength right now. The girls know the system and what the coaches expect of them.

"They were on the court a lot last year so that helps," Crom said. "The camaraderie is amazing this year so far. They have a lot of fun together and whenever you get girls together that enjoy each other and like each other they come out winners."

Conditioning has been good so far in camp, both coaches agreed.

"They put in a lot of time in the weight room with Coach (Greg) Ernster, the strength and conditioning coach this off-season," Sudmann said.

The Knights have the talent and experience to be better than last season by a wide margin. But it will be up to the players to make that happen, Sudmann said.

"The sky is the limit, hon-

### Fremont-Mills Volleyball

Aug. 25 at Stanton  
Aug. 27 at East Atchison  
Aug. 30 vs. Lourdes C.C.  
Sept. 1 vs. Griswold  
Sept. 6 at Underwood  
Sept. 8 at C.B. St. Albert  
Sept. 10 at Shenandoah  
Sept. 13 at Essex  
Sept. 17 at Red Oak Tourney  
Sept. 20 at East Mills  
Sept. 24 at Southwest Valley  
Sept. 26-29 Corner Conference Tourney  
Oct. 4 at Sidney  
Oct. 18 Regionals  
Oct. 31-Nov. 3 State Meet

estly. They're a great group. The chemistry is there. They're talented. The experience is there. The sky really is the limit."

# Fremont-Mills Cross Country



COURTESY PHOTO  
The Fremont-Mills boys and girls cross country teams. From left: Hannah Wilson, Brooklyn Billingsly, Natasha Meier, Ryan Korver, Chance Ewalt and Ethan Dines. Not pictured: Cade Harris, Andy Carter, Maria Forney, Ella Thornton, Bodhi Langille, Landon Morse, Wyatt Lemonds, Brodan Zimmerman, Collin Morse, Gracie Carter and Gannon Goy.

### Fremont-Mills Cross Country

Aug. 23 at Shenandoah  
Sept. 6 at Clarinda  
Sept. 12 at Red Oak  
Sept. 15 at Southwest Valley  
Sept. 22 at Nebraska City  
Sept. 29 at Shenandoah  
Oct. 3 at Platteview, Neb.  
Oct. 6 at Atlantic  
Oct. 13 at Mount Ayr  
Oct. 20 State Qualifier  
Oct. 29 State Meet

## GOOD LUCK FALL ATHLETES!

Your Residential, Land & Acreage Specialists

CONTACT

**JIM HUGHES**

REAL ESTATE

712-527-3114

CONTACT

**JIM HUGHES**

REAL ESTATE

712-527-3114

OMAHA

COUNCIL BLUFFS

BELLEVUE

GLENWOOD, IOWA

**Al Hughes**

AUCTION SERVICE

**MARK HUGHES**

CONSTRUCTION

## PROUD SUPPORTER OF MILLS COUNTY SPORTS TEAMS!

## MAY THE BEST TEAM WIN!

# SUBWAY

948 S. Locust St.  
712-527-3300

## KEEPING GLENWOOD'S ATHLETES AT THE TOP OF THEIR GAME

Daily sports injury prevention and treatment at Glenwood High School

Angela Brazil, MAT, LAT, ATC

**JENNIE ED**  
SPORTS MED

## Malvern Medical Clinic

908 Main St. | (712) 624-6010

### Family Practice Clinic

Megan Platt, FNP-BC

Dr. Thomas Baer

Arinda Reher, DNP

## Radiology On-Site!

# GOOD LUCK FALL SPORTS ATHLETES!

## ON THE FIELD OR IN THE STANDS, SHENANDOAH MEDICAL CENTER SUPPORTS ALL AREA ATHLETES!

400 Main Street  
Tabor, IA 51653  
(712) 246-7425  
www.smchospital.com

SHENANDOAH MEDICAL CENTER  
TABOR CLINIC