



## Hospital again listed as a top place to work

**Contributed photo**  
Adair County Health System officials accept an award naming them a top workplace. It is their third in recent history. For more, see page 3.

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## High marks on school report cards a source of pride, added motivation

By Caleb Nelson  
Fontanelle Observer

Even the very schools that issue report cards to students receive a report card yearly for themselves. Area schools Nodaway Valley and Orient-Macksburg each received theirs recently, based on several factors of student outcomes from last school year.

The Iowa School Performance Profiles are a yearly measuring stick school districts across the state are able to use to see how they're doing. Results are primarily based upon student performance on standardized tests, which display proficiency and growth. High schools are also scored on measures like graduation rates and post-secondary readiness, Nodaway Valley Superintendent Dr. Pam Stangeland explained.

At NV, the high school and elementary scores each fall into the High Performing category, which is the second-highest tier of schools. The elementary school was in this category in 2022 while the high school has not performed this well since at least 2018. The middle school was listed as commendable this year, the third-highest tier.

"Recognizing the Iowa School Performance Profiles are a snapshot of data at one particular point in time, we are quite pleased with our student performance and our overall school ratings," Stangeland said. "This data shows our teachers and staff are doing good things for kids. However, there is always room for improvement. Our administrative and leadership teams will use this information in planning



Stangeland

**SCHOOL**  
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**FOB photo by CALEB NELSON**  
Paisley Kintigh gives her capstone project presentation on the correlation of low protein and the development of a condition called sarcopenia Friday morning at the Adair County Health and Fitness Center.

## NV alum's talk highlights importance of protein-rich diet

By Caleb Nelson  
Fontanelle Observer

Penn State University student and Nodaway Valley alum Paisley Kintigh gave a presentation Friday morning at the Adair County Health and Fitness Center about the importance of aging adults including a healthy amount of protein in their diet. Doing so can help reduce the risk of sarcopenia, which is an age-related loss of muscle mass.

The daughter of Nick and Bethany of Greenfield, Kintigh graduated from Nodaway Valley in 2020. She earned a bachelors degree in health and exercise science from Simpson College in 2024. All dietitians now are required to have a masters degree, so Kintigh selected Penn State because its program is exclusively online. This presentation was her capstone project for her nutritional sciences program.

"I wanted to help people in Iowa. I've had internships at places like Des Moines Public Schools and Cass County in the hospital," Kintigh said. "I do really think that it's really special that I get to go to Penn State but still live in Iowa and work with Iowans."

It was through her own experiences that Kintigh chose to go into dietetics and exercise science. She had five unsuccessful hip surgeries in high school which left her wondering what would actually work for her to remain physically active at a young age.

"I found diet and exercise were what really made me feel good, feel like I was strong again and feel like I was getting back to myself," Kintigh said. "I went into this whole career path because I want other people to feel that way too."

At 23, Kintigh is not an older adult. However, some of her joint

challenges are similar to those of older adults.

"I understand the fear of aging and asking how is my body going to feel," Kintigh said. "I do really think that as a healthcare field, we need to switch our mindset into preventing issues rather than reacting to issues. If we start preventing things, we can really change the landscape."

During her presentation, Kintigh said high protein intake is protective against weight loss, prevents loss of lean body mass and can limit or eliminate the risk of developing sarcopenia. Individuals with frailty, which can lead to falls and fractures, have lower protein intakes.

The current recommended level of protein for adults is 0.8 grams per a person's weight in kilograms, which Kintigh said actually isn't

**PROTEIN**  
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## Road use, opioid funding paperwork passed last week

By Caleb Nelson  
Fontanelle Observer

The Adair County supervisors approved two documents during their Wednesday, Sept. 24 meeting: a road-use agreement with MidAmerican Energy and an opioid funds annual report.

### Road-use agreement

The road-use agreement is for the construction of seven wind turbines that were damaged or destroyed in the May

2024 tornado.

The agreement states that during construction, Mid-American is responsible for maintaining all unpaved county roads within the agreement area. This includes blading roads at least weekly, placing gravel on soft spots when necessary, sloping and shaping roads for drainage and safety and utilizing dust mitigation and control measures on road surfaces. Any work relating to this agreement must be completed no more than one year from the date of the final turbine component delivery, unless extenuating circumstances apply.

The agreement goes on to describe procedures for installing needed utilities and other items relating to the county and Mid-American working together.

### Opioid funding annual report

The public annual report for opioid funds must be completed by Dec. 1 by entities that are required to do so.

The report approved by the supervisors shows the opioid abatement fund expenditures during the reporting year totaled \$45,000 with the ending fund balance being \$42,819.46 after the starting balance was \$62,324.54. The county received \$25,494.92 this year for opioid abatement.

Funded activities were prevention programming to youth in the community and local school districts. Sixth, seventh and eighth graders participated

in the programming with students achieving goals related to drug use control, school achievement and attendance and mood management.

In other action, the board:

- approved township clerk wages
- approved the sheriff's office have view-only access to FNB online banking
- heard a report from County Engineer Nick Kauffman on recent maintenance and activities

## CALENDAR

To submit calendar items, email [cnelson@shawmedia.com](mailto:cnelson@shawmedia.com)

**Thursday, Oct. 2**  
4:30 p.m. NVMS volleyball at Creston  
4:30 p.m. NV/OM XC at West Central Valley (Redfield)  
**Friday, Oct. 3**  
7 p.m. NV/OM football at Southwest Valley  
**Saturday, Oct. 4**

9 a.m. NV/OM volleyball at Greene County Tournament  
**Monday, Oct. 6**  
4 p.m. NV/OM home cross country meet at Greenfield Country Club  
6 p.m. Central Decatur JV football at NV/OM  
**Thursday, Oct. 9**

4:30 p.m. NV/OM XC at Atlantic Trojan Invite (Nishna Hills)  
4:30 p.m. NVMS volleyball at EU  
5 p.m. NV/OM volleyball at Grand View Christian quad  
**Friday, Oct. 10**  
7 p.m. Mount Ayr at NV/

OM football (Senior Night/dance team performs)  
**Tuesday, Oct. 14**  
4 p.m. POI cross country at Greenfield Country Club  
4:15 p.m. Mount Ayr MS football at NV/OM  
6 p.m. NV/OM volleyball at MStM

**Tuesday, Oct. 16**  
4:30 p.m. NV/OM XC at Mount Ayr  
4:30-6:30 p.m. Last Square Farmers Market of season  
**Friday, Oct. 17**  
7 p.m. NV/OM football at MStM