Earlhan Echo

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Iowa Girls Get Their Shot at Wrestling Haley Glade blazes a trail for Cardinal program



Haley Glade wrestles in the quarterfinals at Ogden. (Photos by Todd Weber.)

ties for girls in this state to compete = high school girls' crowd watched nearly 200 and Yutan, NE, from the wrestling in Iowa should wrestlers from 30 schools west took part.

The math just adds up. work. If anyone still had take part in a girls' tourna-Iowa is the wrestling state + any doubt about that, they ment. Schools from as far the term 'Iowa girl' is syn-should have been in the gym away as Osage to the north, onymous with opportuni- at Ogden High School last Benton Community to the

norm this season—all over is the first year of wrestling in trouble at times. the state. Last year, a record only girls.' 1,100 girls participated in Don't think that wreshigh school wrestling in tling girls is a lot easier than tournament titles and one are competing.

Earlham sophomore Haley Glade was a wreswhen girls wrestling wasn't cool. This is her fifth year participating in the sport. She has competed on the club since then, and last year wrestled as a member of the Cardinal boys' team in their inaugural season.

It took a lot of courage for a sixth grader to take the leap and

"It was not very popular in the wrestling room my then lost by fall in her next brother's entire first year two matches. She was comwhen he was a kindergartener. And I hated basketball. I was not very good at it. So, I was like, 'Can I go out for wrestling?' And I thought, 'No, there are not enough girls.' But I did it. My first two years I think I barely wrestled any girls. Maybe 10 matches. Otherwise, I

Iowa. This season, after the wrestling boys. One thing 2nd-place at 140, which is a sport was sanctioned by the that stood out in Ogden more natural weight for her. IGHSAU, over 2,000 girls was the athletes' skill level, She should be more competquickness, and strength-Of course, girls' wres- just like at a boys' tourna- fully, state, at 140—plus, tling is not new in Iowa. ment. And most of the girls she doesn't have to worry as AAU programs have been were not beginners—they active in the state for a long were experienced wrestlers time. But this season, with that knew what they were tle easier being able to eat increased opportunity, participation and interest is at all-time high.

Especially in the the night before and being the total the night before and being the the night before and the the night before and being the the night before and the night

And tournaments this was wrestling guys. And last petitive, though, and had her size and scope have been the year, it was all guys. So this opponents in both matches

Glade doesn't normally itive at regionals, and hopemuch about cutting weight.

"It's definitely a lit-



Haley discusses strategy with her dad, Doug, before a match.

et was full—16 wrestlers— Strandberg is always talking and there wasn't a pushover about the right way to do it. in the bunch. Glade won by In the beginning it was kind with girls," she said. "I sat fall in her first match, but of hard. I started two weeks

Sports

(Continued on Page 2.)

MidAmerican Donates to Bricker-Price



Steve Willem presents a check from MidAmerican Energy for \$7,000 to Christie Goodrich, Board President, Bricker-Price Block. The funds will be used for window coverings. Also present for the ceremony was (L) Kristina Spieker, Board Member, Bricker-Price Block, and Allissa Johnson, Executive Director, Bricker-Price Block. (Photo by Todd Weber.)



Olivia Spurling scores from the low block against DMC. The Cardinals dropped a boys'/girls' doubleheader to the Lions on January 5. Story on Page 6. (Photo by Todd Weber.)

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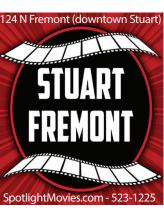
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Winter is a great time to plant identification skills. Don't have any skills like important identifying characteristics of woody plants is easier when foliage has died and mostly dropped off. Foliage can be 'visual noise' because of its sheer abundance and its ability to disguise other important things like bark, buds and branches.

coax you and yours outdoors to look at trees in a more focused way and perhaps become fascinated enough to keep looking.

Bark, from ground level to canopy top, is evident during winter. Sometimes, the bark alone is enough to identify a tree. Sycamores are immediately recognizupper branches that evolve into a mottled white-graytan-brown palette as your eye travels down the tree is all that's needed. Even from a perspective miles away sycamores are identifiable.



develop and use your woody hickory, tells you all you canopy. One can ID an elm need to know when using based upon the buds they bark as the identifying feathat, you say? Well, the first ture for this species. Shag- be 50' in the air. step is to LOOK. Seeing the bark hickory bark maintains a uniformly gray shade from our native oaks, especially top to the ground. As the the white oak family. White tree matures from sapling to oaks are recognizable by adulthood the bark begins their wide-flung branches to develop plates, or shags, which give the tree an almost shake shingle look. As if given an open area in the shags age and both the bottoms and tops gradually This edition of Down the trunk, they create ideto Earth, if successful, will al shelter for roosting bats, of their branches seem to go tree frogs and insects that off in their own direction depend upon this reliable protective cover.

Another readily recogat first glance by its warty bark, is the hackberry. Warts appear early on in this tree and persist through maturity. However, in what might of the striking, chalk-white flatten out a bit from the pert youngster version.

Buds require closer inspection to make an accurate broom is quite recogniz-ID, but some tree species able. What begins as a norsport unique enough bud forms to ID the tree. Beeches are one such species. Used as landscape trees, this is one you might find on a stroll in a residential known as a broom, results area. Beech buds are an inch in a whole thicket of tightlong, slender, and sharply pointed. Angled well away from the stem they can give may infect an individual tree the impression of thorns, in multiple sites. So, if you though you aren't in danger

of being punctured by one. Elms have a profusion you've found a hackberry. of buds, a mere quarter of an inch in size, but easily vis- ID, having immediate help ible on the tiny branchlets at

MERCYONE.

The name, shagbark that make up the upper most sport even though they may

Branches can identify that can seem to defy gravity as they spread and spread which to mature. Bur oaks, part of the white oak family, bend outward away from also have magnificent wide branching crowns, but parts higgledy piggledy. The effect of this branching habit is a more menacing silhounizable tree, given away ette because the branches can become gnarly looking. such that bur oaks look 'wilder' than their white oak

Hackberry, mentioned be a surprising concession earlier with its cosmetable this way. Catching sight to advanced age, the warts ic challenges, also can be identified from a peculiar branching habit called a witches' broom. A witches' mal branch sending offside shoots in regular intervals as it grows, suddenly changes as though it's gotten a literal wild hair. This aberration, ly packed branchlets. The broom, caused by a mite, spot a tree festooned with brooms you know for sure

> If you're new to tree hand is encouraging whether you're walking in a woodland, on a sidewalk or driving a country road. The free iNaturalist app is a good companion when you're strolling. If you can get a picture of a tree (bark, branch, or bud) an ID will appear. Many print resources are also available. The Iowa Living Roadway Trust Fund has a free guide available at https://iowadot.gov/ lrtf. (While you're at this site check out the other resources.) "Forest and Shade Trees of Iowa" isn't carry-along size, but the photos and text are helpful.

Feeling inspired? Step outdoors and start looking!



Down to Earth Glade Carving a Path for Earlham Girls' Wrestling

late. I waited until the guys' season because I was still doing softball. I eat mostly chicken. Protein drinks, a lot of water. I'm finally staying down in weight because my body has become accustomed to it."

Over 20 girls signed up for youth wrestling in Earlham this season, so it's not hard to envision a full girls' varsity roster in the near future. But for now, Glade is the only girl on the Cardinal team. Last year, she had teammates at all her matches. This season, she's on her own. On most of her match days, the boys' team has also had matches in other towns.

"It's kind of lonely," she said. "But at some of the tournaments, I have some teams I know, and the girls root for me."

Plus, she's not all by herself. Her dad, Doug, was a high school wrestler and serves as her coach. Her mom Angela, is the photographer for Team Glade and is Haley's occasional 'sparring partner.' Haley's brother, Logan, handles the match videography.

"My dad came out of retirement from high school. He's never coached wrestling before, so he came back because we didn't really have a full-time coach, per se. My mom is my wrestling partner when I warm warm up with," Glade said with a laugh.



Haley Glade's brother, Logan, and mom, Angela, have her match well covered. (Photo by Todd Weber.)

boys have accepted her.

'They treat me like one of the guys," she said. "Sometimes that's a good thing and sometimes it's not. Sometimes I get beat up on a little bit. But it's definitely made me a better wrestler."

Aches, pains, and inup, but it would be nice to juries are just part of wresactually have a teammate to tling, and Glade has dealt with 'the usual' that comes schedule, Glade has found up during a season. Current-Glade still practices ev- ly, she's working through ery day with the boys' team. ankle and knee issues. There From day one last year, the are two meets left before the

regional tournament on January 27, and she hopes to be at full strength by then.

"My practice days are going to get a little shorter because we're coming up on it, but I'll still be going hard at practice," she said. "We still have morning lifts and

Despite her grueling time to help out with the Earlham Wrestling Club girls' practices. She's a humble young lady, and doesn't necessarily see herself as a trailblazer, but she does admit, "I think the girls look up to me."

That's probably an understatement.



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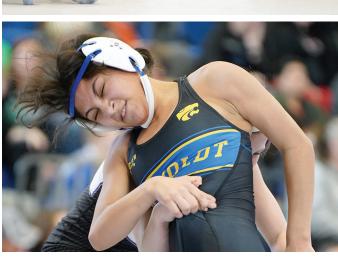
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