

The Paper

Our Town, Our Paper!

Laurens, Iowa



Vol. 7 No. 3

www.thepapernow.com

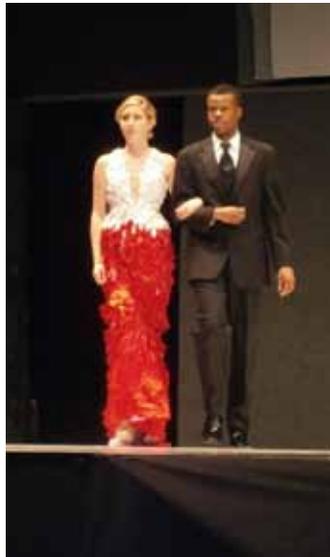
April 17, 2013

Local News

L-M Textiles & Clothings Class Attends ISU's Behind the Scenes Day!

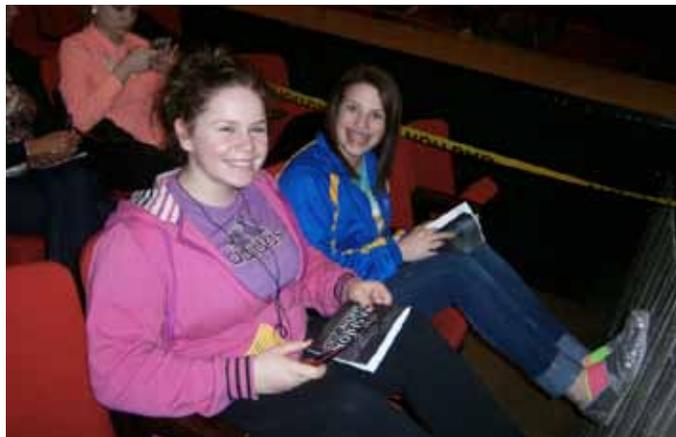
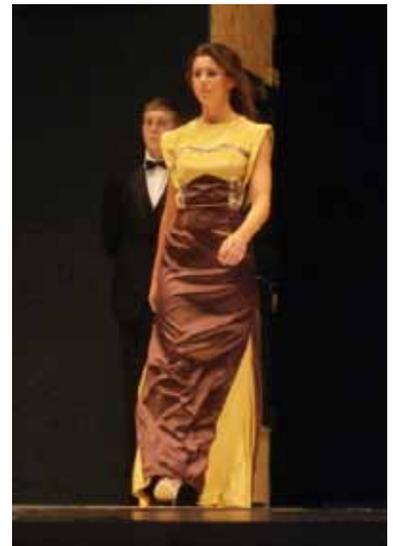
The Laurens-Marathon Textiles and Clothing class took a field trip to Iowa State University's "Behind the Scenes Day." on April 12. It is the largest student run design show in the United States. We started off listening to a student panel telling about their different interests and the internships they had done within the Apparel Merchandising and design major. The internships ranged from New York, LA, France and Italy. After lunch we went to Mackay Hall and were divided up into groups to see how fabrics could be printed. The department had a large printer that could print any design from a photo and transfer it to fabric. We saw the body scanner for printing patterns and were able to draw a fashion sketch. We were also shown the many jobs

in the textile business besides design and retailing.



The fashion show started in C.Y. Stephens at 4:00. The style show had a wide assortment of designs that ranged from "Streetwear", "Professional Day wear", "Wearable Art /Experimental", "Menswear", and "Childrens ". All of the designs were made by the students using their own patterns. Guest designers from J brand also had a part in the fashion show. Brent Hannapel was a guest designer and graduate from the Iowa State's program. The style show showcased over a hundred different items of apparel. We

enjoyed front row seats to see the models strut their stuff and showcase the clothing.



Christina Mowry and Nicole Reese in front row seats at C.Y. Stephens at ISU for the style show.



Rialto Theatre Receives Donation Through Ag Partners' LocalMotion Program

The Rialto Theatre is the recipient of a financial donation from LocalMotion – a company-wide donation program offered by Ag Partners, LLC. The Rialto will be using the donated funds toward the cost of upgrading their equipment to digital format. Ag Partners' Sales Agronomist, Bob Stauter, recently presented the \$1,000 check to Cindy Murphy.

Focused on making a difference in its communities, Ag Partners established the LocalMotion program in 2009. Through LocalMotion, the company will donate one percent of net profits from agronomy sales. Donations are available, and not limited to, individuals, civic and charitable organizations, businesses, schools and for community events or celebrations. A donation request form must be completed to begin the request process. Individuals and

organizations can contact their local Ag Partners location for more information.

Ag Partners provides products, services and market access in the areas of grain, agronomy, feed and petroleum. Formed in 1997, the company represents a joint venture between Alceco, an Iowa cooperative, and Cargill. The company's locations include retail and wholesale agronomy outlets, grain facilities and feed mills throughout Iowa.



In the photo, Ag Partners' Sales Agronomist Bob Stauter presents the donation to Cindy Murphy, representative for the Rialto Theatre.

Laurens 
SPRING

 *Open House*
Thursday, April 25 Noon - 8:00 pm
Click here for all the details & participating businesses
 www.LaurensRetail.com


Check out L-M on Web School Tools

Be sure to check out Web School Tools! This website allows you to view the Laurens-Marathon Community School Board minutes and documents.

To check it out simply go to: <http://www.webschooltools.com/>. On the homepage you will find a school drop down box, select Laurens Marathon. You are now at the user login page. Simply click Public User and you are on your way to viewing many documents and staying up to date with the school board.

The Laurens-Marathon Community School has the following positions available:

Potential-Interim HS English Teacher
2013-2014 Social Studies Teacher
2013-2014 Business Manager
Junior Class Sponsor
Director of Building, Grounds & Transportation

Summer 2013

Asst. Varsity Baseball Coach
Head Varsity Softball Coach
Asst. Varsity Softball Coach

Laurens-Marathon Community School
300 W. Garfield St. | Laurens, IA 50554
(712) 841-5000

2013 Community Vacation Bible School We Need Your Help!

It doesn't seem possible, but it's time to start organizing Vacation Bible School for this summer!! How would you like to help this year?

Dates are June 3-7, 2013 from 8:30 to 11:30 a.m. The theme this year is Fun Fair. It will be run similar to last year, with groups rotating from center to center with crew leaders. The Vacation Bible School directors are Kelly Tate, Abbey Bell, Linda Bieri & Cynthia Hoffman.

If you are interested in helping out, please fill out this sheet and return it to one of the directors. We will give last year's volunteers first priority, then it will be on a "first come, first serve basis." If you know of anyone willing to volunteer, please have them contact one of us, or give us their name.

Thank you in advance for your help!



It's Time...to Write About it!

Dear Editor,

If you follow the headlines, you know that child sexual abuse happens. It happens often and close to home. This reality can be overwhelming, but it's important to remember that child sexual abuse can be prevented when we all play our part.

April is Sexual Assault Awareness Month, and this April, communities across the country are standing up for child sexual abuse prevention by proclaiming "It's time ... to talk about it!" All adults have a role in child sexual abuse prevention, and this year's campaign encourages individuals and communities to support healthy childhood sexual development by talking early, talking often, and taking action.

There is often silence and discomfort when it comes to the discussion of sexual development. It's important to understand that this is a normal experience we all share. By opening up communication, sharing age-appropriate information with children, and educating one another — we are taking steps toward a safer community.

Research shows that one in four girls and one in six boys are sexually abused before the age of 18. In the U.S. alone, it is estimated that 40 million Americans are victims of child sexual abuse. Darkness to Light, a national non-profit, believes it is the responsibility of adults to protect children from sexual abuse. Their Stewards of Children prevention training program teaches adults how to prevent, recognize and react responsibly to child sexual abuse. This 2.5 to 3 hour training is for any older teen or adult, but is of specific interest among parents, youth sports organizations, youth service organizations, teacher/school personnel and faith centers.

If you want to be a part of this movement and take action against child sexual abuse, this training is available in your community. For more information call 712-732-8120 and speak with Kristi Neumann, Youth and Prevention Coordinator at CAASA.

*Connie Tofteberg,
Cherokee and Ida County Coordinator
Centers Against Abuse & Sexual Assault
712-225-5003
877-362-4612*



Our Town Our Paper!

Early Years Are Learning Years®

Northwest Iowa Celebrates National Week of the Young Child™

Child Care Resource & Referral asks Northwest Iowa to come together for children during the Week of the Young Child™ (April 14–20, 2013). As part of the national Week of the Young Child™ celebrated across the country, Northwest Iowa is honoring young children and all those who make a difference in children's lives.

"All young children need and deserve high-quality early learning experiences that will prepare them for life, and Northwest Iowa has a great opportunity to do our part to help young children," said Melissa Juhl, Director Child Care Resource & Referral Northwest Iowa. "Week of the Young Child™ is a time for Northwest Iowa to recognize that Early Years are Learning Years® for all young children."

Young children and their families depend on high-quality education and care, which help children get a great start and bring lasting benefits to Northwest Iowa. Week of the Young Child™ is a time to recognize the importance of early learning and early literacy, and to celebrate the teachers and policies that bring early childhood education to young children.

Child Care Resource & Referral of Northwest Iowa has early childhood professionals working together to improve professional practice and working conditions in early childhood education, and to build public support for high-quality early childhood education programs.

Child Care Resource & Referral is an Affiliate of NAEYC, the largest organization of early childhood educators and others dedicated to improving the quality of early education programs for children birth through age 8. Founded in 1926, NAEYC has nearly 80,000 members and a national network of more than 300 local, state, and regional Affiliates.

SILVER DOLLAR SALOON
 Downtown Laurens, Iowa
 712-841-6986
 Hours:
 Mon.-Fri. - Open @ 2:00 p.m.
 Sat. - Open @ 10:00 a.m.
 Sun. - Open @ noon

**LIVE ENTERTAINMENT
 FRIDAY, APRIL 19, 2013
 NEIL ROUGE
 8:00 P.M. TO 12:00 A.M.**

Laurens Kiwanis Club Presents...

**TOM STEINKOENIG'S
"SENTIMENTAL SWING"
10-PIECE BIG BAND**

Featuring vocalist Bob Fields (Frank Sinatra sound-alike) and "Silk Stockings" vocal trio

April 29, 2013 from 7 to 9 p.m.

Request your favorite songs.

Free dance lessons at 6 p.m. by Harold Olesen, Instructor.

Dust off your dancing shoes or come to listen and tap your toes.

Adults - \$7.50 Students - \$5, Pre-school & Under - Free
 Laurens-Marathon School Old Gym
 Help Support Local Community Projects.

For more info, contact Dale Frantz at (712) 841-2376. Tickets available from any Kiwanis member or at the door!



Add a
"PS"



To help a neighbor

"PS" is Project Share – a program that assists needy households in paying their winter energy bills. You can help this effort by adding a regular **Project Share** contribution to your utility payment, or by making a direct donation to Project Share. These funds are distributed to your neighbors in need.

A local social service agency carefully identifies those residents who qualify, and a local committee oversees Project Share to guarantee that all contributions are handled equitably and efficiently.

Adding a "PS" – a Project Share contribution to your utility payment each month is a simple way to share some warmth with those who need it.

Laurens Municipal Utilities, I would like to help a neighbor with a tax-deductible contribution to Project Share.

Name

Address

City

Phone

I will contribute \$ _____ per month to Project Share.
 I understand this amount will be billed to me monthly.

I have enclosed a \$ _____ donation to Project Share.



2013 Racing Season Has Begun!!!

The Season Opener at Algona Raceway was Saturday April 6th. Yes it was a little chilly, but really not too bad!

The heat started out with excitement. The 00 car of Cody Hubbell/ Ryan Hudson was running in 3rd place with the 000 car of Sami Hudson/Carley Lampe right behind them in 4th place. On the last lap Hudson stomped on it and Hubbell took it to the win. The girls ended up 4th. The 0 car of Colton Lampe/ Tyler Stockwell was having troubles and had to pull in. They got a new car this year and it looks GREAT! Hubbell and Hudson were not even racing their car as their car was not quite ready yet. So they were in a PINK car!

The Feature Race 00 car and 000 cars started on pole together! Cousins Sami Hudson and Ryan Hudson were side by side. The 00 car took the checkered flag in the 1st feature of the year!! The 000 of the girls finished 4th. The 0 car still had trouble and had to pull in during the feature too. They will get the bugs out! Hope to see you there!



Our Town Our Paper!



Jeremy Mills formally of Marathon won the Modified Feature. Taking his 3rd win in 3 days!

Dig A Little, Learn A Lot This Spring

As temperatures go UP and the weather begins to feel more like Spring, it is the perfect time for Iowa farmers to focus their attention DOWN by investigating their soil. If farmers dig a little, they can learn a lot – by simply smelling, feeling, and looking at their farm’s most important production asset.

“It doesn’t matter if you operate a large or small farm, grow organic crops, or if you’re simply a homeowner or gardener who wants healthy, productive soil. It’s easy to examine your soils,” says State Soil Scientist Rick Bednarek with USDA’s Natural Resources Conservation Service (NRCS) in Des Moines. “Take a quick look and you can learn a lot.”

To investigate your soil’s health, simply use a digging tool such as a garden spade or shovel, and your eyes, nose and hands to look, smell and touch.

- LOOK—Look for plant residue on the soil surface and a living canopy or cover. The soil structure should look like chocolate cake with air holes permeating throughout. You should see earthworms, organic matter and live roots that extend deep into the soil.

- SMELL—Healthy soil should have sweet, earthy aroma of geosmin,

which is a byproduct of soil microbes called actinomycetes.

- TOUCH—Soil should be loose and crumble easily. In healthy soil, roots can grow straight and deep, allowing plants to reach needed nutrients and water.

Soils damaged by disturbing activities like tillage or continuous grazing are typically lighter in color with a more flour-like consistency and less color diversity. Unhealthy soils typically feel heavier than healthier soils, but they will break apart much easier in your hands.

Why should we care about soil health? According to Bednarek healthy soil provides an abundance of benefits. Healthy soils:

- sustain plant and animal life,
- filter potential pollutants,
- cycle nutrients,
- hold more water, reducing flooding and help with drought,
- resist runoff and erosion, and
- naturally suppress weeds and pests.

To learn more about improving soil health visit: <http://www.nrcs.usda.gov/wps/portal/nrcs/main/national/soils/health/>



Earthworms are a sign of health soil. They are an indication of a living system, and healthy soil should look, smell, and feel alive.

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Moped Safety Course

A Moped Safety Class will be offered at the Transportation Technology Center of Iowa Central Community College located at 1106 South 32nd Street, Fort Dodge, on Saturday, April 27, 2013 from 8:00 a.m. to 3:30 p.m. This is a seven hour State approved program.

If you are 14 or will be turning 14 within 5 months, it is required that you take this course. Class size is limited to 30. Pre-registration and pre-payment of \$45 is required.

For additional information, contact the Transportation Technology Center at 800-362-2793 ext. 1971 or 515-574-1971.

At the Library with Glenda Mulder April 17, 2013

Yeah! The ellen cherry concert is tomorrow night! cherry's music has been labeled "eloquent, intimate, elegant pop music for smarty pants." Join us as she sings and plays her personal compositions Thursday, April 18 at 7 p.m. This concert and others like it are sponsored by your donations to the Laurens Public Library Foundation.

Also this week is the Coupon Swap! We've got a nice start with some clipped coupons to exchange Saturday morning, April 20th. If you want to join in the fun of the swap, come join us at 10 a.m.! Any extra coupons you'd like to donate, please drop them at the library. To learn more about couponing or share your own tips and coupons, please join us.

New fiction this week includes: *Life after Life* by Kate Atkinson, *Tapestry of Fortunes* by Elizabeth Berg, *Secrets from the Past* by Barbara Taylor Bradford, *Daddy's Gone a Hunting* by Mary Higgins Clark (CD Book too), *And Then I Found You* by Patti Callahan Henry (CD Book too), *Ready to Die* by Lisa Jackson, *Dangerous Refuge* by Elizabeth Lowell, *Sleight of Hand* by Phillip Margolin, *Midnight at Purple Arch* by Anne Perry, *The Burgess Boys* by Elizabeth Strout (CD book too) and *Time of Change* by Aimee Thurlo.

Our Book Club is dipping into the classics this month with Jack London's "*The Call of the Wild*."

It's about time for me to pick up a copy – since we meet next week! It's a short little book, and we have quite a few copies, so stop by and pick one up so you can join our discussion Monday, April 22nd at 7 p.m.

If you have kids that aren't in school yet, please join us for Tot Time every Monday at 10 a.m. and our monthly "Building Futures Play Group" this Thursday, the 18th also at 10 a.m.!

Stop at the Library & Check it Out!

Every Monday that LM has school @ 10 a.m. - Tot Time

April 18 7 p.m. - ellen cherry in concert!

April 18 at 10 a.m. - Building Futures Play Group (3rd Thursday)

April 20 at 10 a.m. - Coupon Swap!

April 22 at 7 p.m. - Book Club "*The Call of the Wild*" (4th Monday)

Thank you

Thank you to Heart 'n' Home & Julie Wurr for the wonderful lantern & goodies I won at the Relay for Life kick-off.

Deb Hertz

Come & Go Bridal Shower

A come and go bridal shower for Caitlin Patten, bride-elect of Cole Buchholz, will be held on Sunday, May 5th from 2:00-5:00 p.m. at the Fire Station in Truesdale.

Caitlin is the daughter of Doug & Carol Patten, Webb. Cole is the son of Darcy Reese & Jeff Richards, Emerson, IA & Phil and Max Buchholz of Pocahontas. Cole is also the grandson of Kenny & Sandy Reese.

They are registered at Target, Sugar Bowl, BrendLee's, The Hen House, & Pampered Chef

Laurens, IA



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Phone: (712) 841-4513
Store Hours: 7:00 a.m. - 9:00 p.m.

**Check Out this Week's Ad
by Clicking the Link Below!**

weekly ad

Thank You!

We would like to say a special thank you to all of our family for the wonderful party given for us on our 60th anniversary. The special book of the past 60 years of memories contributed by all will be treasured forever. Thank you, too, all of our dear friends and neighbors for making the trip to the mailbox so much fun.

Pete and Norma Hansen

One fish
two fish
red fish
new fish.

Miranda & Heath made a wish that they would have a little fish...
Now that wish is coming true, and we would like to share with you, a special day to have some fun, and prepare them for the little one.

Saturday, April 27th
2:00 p.m.

Iowa Trust & Savings Bank
202 W Main St.
Laurens, IA 50554

You could not, would not, want to miss, a celebration such as this!

Miranda and Heath Carlson are registered at Target and Babies "R" Us

One last request, and we hope it's not hard, please bring a book to help build the baby's library

Biggest Little Paper In Town!

Keep Iowa Beautiful



City of Laurens

Laurens Hometown Pride

April has been proclaimed

Keep Laurens Beautiful month!

The City of Laurens, the Laurens Hometown Pride Committee, and the Laurens-Marathon Community School has planned an Earth Day/ Arbor Day event for

April 23, 2013 at 8:30 am.

At this time, various students from the high school will be planting trees next to the Fisher Building, the Time to Spare RV Park, and the Laurens Cemetery.

Please join us for some fun in helping to

Keep Laurens Beautiful!

Please contact City Hall for details.

Mary Ann Orr Tulips

Spring has arrived! The trees are beginning to bud and the grass is getting greener everyday. Perhaps by now the tulips that you planted in memory of MaryAnn Orr have begun to appear above the surface of the soil. Please take pictures of the tulips in all stages of growth and give them either to Gloria Bell or Grace Hertz. An album of pictures of the tulips will be given to members of her family.



Local & School Calendar

April 18 - Girls Track, Cougar Relays at Manson have been **CANCELLED**; JH Track, Charger Relays at Laurens at 4:00 p.m.

April 19 - Boys Track, Pocahontas Relays at Pocahontas at 4:30 p.m.; Golf with Alta/Aurelia at Laurens at 4:00 p.m., girls & boys JV & V.

April 20 - Prom; Grand March at 6:30 p.m.

April 21 - Iowa FFA Leadership Conference begins.

April 22 - Girls Track, Wildcat Relays at Holstein at 5:00 p.m.; JH Track, East Sac Relays at Sac City at 4:00 p.m.; Iowa FFA Leadership Conference.

April 23 - Boys Track, Mike Jepsen Relays at Manson at 5:00 p.m.; Golf with PAC at Pocahontas at 4:00 p.m., girls & boys JV & V; LifeServe Blood Center Blood Bank in the L-M Lobby from 9:00 a.m. till 2:00 p.m.; Iowa FFA Leadership Conference.

April 24 - Professional Development from 8:00-10:00 a.m.; Classes start at 10:20 a.m.

April 25 - Golf with Sioux Central at Laurens at 4:00 p.m., girls & boys JV & V; JH Track, PAC Relays at Pocahontas at 4:00 p.m.

Our Town Our Paper!

Hospice Volunteer Training Opportunity

Make a difference, become a Hospice Volunteer! Volunteers are the heart of Hospice. Being a Hospice Volunteer is very rewarding work. Volunteers can provide many different types of support for terminally ill patients and their loved ones, in the communities we serve.

A training program approved by Medicare and the national Hospice and Palliative Care Organization is required for all Hospice Volunteers.

Dates of Training

-Monday, April 29

-Tuesday, April 30

-Wednesday, May 1

-Thursday, May 2

Training Sessions are 5 pm to 9 pm at the Pocahontas Community Hospital. A light meal will be provided. Training sessions are free.

If you are interested in becoming a Hospice Volunteer, please contact the Pocahontas Community Hospital Hospice office at 712-335-3430.

Deadline to register is Friday April 26th, 2013.

It's a Celebration!

Please come help us celebrate Vivian Hersom and Marj Waters Birthdays April 18th from 2-4pm here at the Laurens Care Center!

Announcements

Laurens Golf & Country Club special for Thursday, April 18 will be small shrimp dinner with fries or salad. Public welcome! The clubhouse starting at 5 p.m.

For Sale

For Sale: 8 gun oak and glass display case \$75.00, Proform Whirlwind Exercise Bike \$75.00. 712-260-1520

Land Auction - 660 Acres, 5 Tracts, Buena Vista, Pocahontas & Palo Alto Counties. Friday, April 26, 10 AM, Laurens Country Club. midwestlandmanagement.com. Phone: 712-262-3110.



Services

Are you looking for someone to care for your pets when you're away for the week, weekend or just for the day? Call Theresa Sandvig at 712-450-2419 with questions.

For all your tilling needs, give Bob a call! (712) 845-2239. 10

The Paper

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Happy 100th Birthday, Dorie Gulbranson!

Dorie Gulbranson will be celebrating her 100th birthday on April 19. Dorie was born in Laurens and has lived her whole life in the Laurens area, except for a few years during WWII, when she lived and worked in St. Louis.

She now resides at the Sioux Care Center in Sioux Rapids. She enjoys playing bingo and still loves watching CNN and keeping informed on all the political events. Anyone who would like to send a card or special memory to Dorie, may do so at the Sioux Care Center, 702 Blake Street, Sioux Rapids, Iowa 50585. The residents of the home will celebrate with Dorie with cake on her birthday. Her nieces and nephews will celebrate at the nursing center on April 20.

Happy Birthday, Aunt Dorie!!! Thank you so much for so many beautiful memories over the years. We are so fortunate to still have you in our lives and love you so much.
-Your nieces and nephews



Do you want to be part of a winning team? We are looking for the following positions to be filled by a positive, hard working person that enjoys helping others! Come join our winning team and experience what comfort, care, and compassion can do for you!!

The following positions are available:
CNA
Ask us about our weekend packages

Laurens Care Center
304 E Veterans Road | Laurens, IA 50554 | 712-845-4915
EOE



Vacation Bible School Registration

Wednesday April 24 from 3:30 - 5:30

First Christian Church



VBS is for children 4 years old through grade 5

Early/Late Registrations Contact Kelly Tate
@ 450-4396

[Click Here for Registration Form!](#)

JH Design Studio
Spring Open House
Thursday, April 25th
12 - 8 p.m.

(Come for Cinnamon Rolls in the morning)

In Store
Specials

Door Prizes

Sale Items

Chalk Paint™ Demos



Town & Country Floral
Spring Open House
Thursday, April 25th
12-8 p.m.

Hot Dogs
& Pop

Prizes

Specials

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 www.pokycatholic.org

Tuition assistance is available to all, based on need.

RIALTO

Tickets: \$4-adults \$2- children 12 and under
 7:00 p.m. - 2:00 p.m. Sunday Matinee
 324 North Main St, Pocahontas 712-335-3434

April 12 - April 15
Safe Haven
Rated PG 13

Showtime: 7:00 nightly - 2:00 Sunday Matinee
 Free Popcorn w/Paid Admission Thursday
 \$2.00 Admission for ALL Monday Evening
Coming April 19: Identity Thief

*This Week at
Laurens United
Methodist Church*

Wed., April 17th

Missions Committee mtg @ 7 p.m.
Pastor Tim out of the office

Thurs., April 19th

Rachel Circle @ 9:15 a.m. at Lanore
Thumma's home
Dorcas Circle @ 2 p.m. in the Wesley
Room
Pastor Tim out of the office

Fri., April 19th

Men's Bible Study @ 7 a.m.

Sat., April 20th

L-M Prom Dinner here

Sun, April 21st

Sunday School @ 9:15 a.m.
Fellowship @ 9:30 a.m.
Worship @ 10:30 a.m.
Choir performs

Mon., April 22nd

Experiencing God Bible Study @ 6
p.m. in Wesley Room

Wed., April 24th

Meet your Life Line party @ 6 p.m.



Our Town Our Paper!

*Sacred Heart
Church Laurens
Clustered w/ St.
Joseph Church -
Sioux Rapids*

Weekday Mass: Friday 8 AM

**Weekend Mass: Saturday 5 PM
(March - June)**

Cluster Parishes

St. Joseph Catholic, Sioux Rapids

**Weekday Mass: (Monday &
Wednesday) 8:00 AM**

Weekend Mass: Sunday 10:30 AM

St. Louis Catholic, Royal

**Weekday Mass: (Tuesday &
Thursday) 8:00 AM**

Weekend Mass: Sunday 8:30 AM



This Week at First Christian Church

Wednesday, April 17

1:00 p.m. Willing Workers

7:00 p.m. Worship Committee

Sunday, April 21

9:30 a.m. Sunday School

10:30 a.m. Worship

10:45 a.m. Children's Church

11:30 a.m. Special Mission Council



Wednesday, April 17, 2013

4:30PM ~ Confirmation

7:00PM ~ Council Mtg.

Thursday, April 18, 2013

9:00AM ~ Morning Circle at Shirley
Pedersen's home

2:00PM ~ Afternoon Circle

Sunday, April 21, 2013

9:15AM ~ Coffee Fellowship

9:15AM ~ Sunday School

9:30AM ~ Adult Sunday School

10:30AM ~ Worship w/Communion
& Sunday School Skit and song

11:30AM ~ Potluck w/Vision &
Mission Mtg

Wednesday, April 24, 2013

3:30-5:30PM ~ VBS Registration at
First Christian Church

4:30PM ~ Confirmation

7:00PM ~ Choir practice

7:00PM ~ VBS Committee Mtg.

*Worship, Love,
Accept~ Together in Christ's
Name*



Pocahontas County Extension & Outreach Offers Home Food Preservation Program

“In today’s economy, many Iowans are taking advantage of the land and garden spaces that are available to them to grow their own foods,” says Holly VanHeel, ISU Extension Nutrition & Health Program Specialist. “We are ‘rediscovering’ the joy and economics of home gardening and want to preserve that bounty to enjoy throughout the year by freezing, drying or canning those foods,” VanHeel shared. So, whether you have been canning for years or just starting out, an introductory program is being offered to bring up-to-date information and resources to you. The program will discuss the importance of using USDA-approved and tested recipes and methods to eliminate health concerns caused by improperly handled or preserved foods.

Iowa State University Extension Nutrition and Health program specialists are eager to provide a general overview of home food preservation. This comprehensive program will touch on canning, both hot water bath and pressure canning, freezing, proper equipment, techniques and a review of dehydrating foods. The newest information regarding times, pressure, altitude, resources and more will be addressed. Please be present for this program on Thursday, May 9th at 1:30 pm or 5:30 pm at Pocahontas County Extension & Outreach Office. Register your participation by contacting Dianne Dirks at Pocahontas County Extension & Outreach, dianned@iastate.edu or (712) 335-3103. This is a great opportunity for anyone age 18 years or older interested in learning safe food preservation techniques.

To be ready for preserving your harvest, Canner Food preservation information and answers to your questions is available by calling the Iowa State University toll free Answer Line 1-800-262-3804 or 1-800-735-2942 (Relay Iowa phone linkage for deaf and hard-of-hearing individuals). The Answer Line is staffed Monday through Friday from 9 am – 12noon, 1 pm to 4 pm.

Act Now to Decrease Impact of Vitamin A Deficiency in Cattle

Effects of last year’s drought are evident at the Iowa State Veterinary Diagnostic Laboratory in the form of an increasing number of calves with vitamin A deficiency, said Grant Dewell, Iowa State University Extension and Outreach beef veterinarian.

The 2012 drought and subsequent low quality hay supplies for winter feeding mean cows don’t have normal liver stores of vitamin A, and without supplementation cows will potentially be deficient in vitamin A. That can lead to a variety of calf health problems, Dewell said.

“Typically calves have been submitted with a history of being either still born or weak at birth. Some veterinarians have reported blindness, neurologic signs or diarrhea that can also be associated with vitamin A deficiency,” he said. “Severe vitamin A deficiency can result in abnormal bone development in fetal calves. Other calves may be born weak and fail to thrive. Additionally, poor immune function can lead to increased infectious disease incidence.”

Dewell recommended that cows receive supplemental Vitamin A either through oral supplementation or injection of vitamin A. Calves may benefit from an injection of vitamin A at birth and potentially a second dose in two to three weeks, especially if cows have not been supplemented.

For more information, see Dewell’s fact sheet on vitamin A deficiency posted on the Iowa Beef Center website, www.iowabeefcenter.org.

Biggest Little Paper In Town!

Learn How to Grow Strawberries with ISU Extension and Outreach Publication

Gardeners can learn how to grow strawberries throughout the state with Growing Strawberries in the Home Garden (PM 717), an Iowa State University Extension and Outreach publication.

Richard Jauron, ISU Extension horticulturist, says there are three types of strawberries, June-bearing, everbearing and day-neutral strawberries. The publication describes the growth and fruiting characteristics of the three strawberry types, along with recommendations for planting sites and plant sources. It also includes tips for planting, weed management, disease and insect control, harvesting and winter protection.

“Fresh strawberries are a favorite of almost everyone,” said Jauron. “Strawberries are relatively easy to grow in Iowa and are hardy throughout the state.”

To download the publication, visit the Extension Online Store, <https://store.extension.iastate.edu/>