A Morning in the Life of an L-M 5th Grader...

Hello! Today the 5th graders will tell you what it is like to be in our shoes. The bell just rang, so one of us is walking to the front office! Each day one of us does the morning announcements over the loud speaker for the whole school. This means that we introduce ourselves, share our favorite thing about school, tell what’s for lunch, say any birthdays and lead the entire school in reciting The Pledge of Allegiance. Finally, we always end by charging up for the day with “Remember to be in the Right Place, at the Right Time, Doing the Right Thing. It’s a GREAT day to Be a Charger!!”.

Come on, it’s time to go to our Special! (Did you know that we have a six day rotation for Specials?) When we have Library on Day 1, Mrs. Fansega (our librarian) checks in and out our two books. We usually have time to read, as well as get to hear her read from some books to learn history behind some of the songs.

For Day 6, we remain in our room for Guidance. Mr. Gjerleid comes to us to talk about being respectful or bullying. Sometimes we go to the gym to play. That takes us back to Day 1 to enjoy all the SUPER Specials again!!

After the Daily Special, Mrs. Boettcher (She’s our Creative classroom teacher. :) We’ll share more about her and our Awesome Associate, Mrs. Olson, in our next article!) posts two incorrect sentences on the board. She gives us five minutes to make corrections. Then, she calls Lucky Sticks (popsicle sticks with each of our names written on them) for people to come up and share what punctuation, capitalization and misspelled words need to be changed.

Guess what? It’s 9:00, which is when we get our big books out and we all read as a class for Large Group Reading. We read parts of stories to learn about what happens.

After about a half hour, it is the 1st Small Group Reading, when we explore books on the iPads. We normally work with our teacher to learn vocabulary words that we probably have never heard of before. We have another Small Group after this time.

What time is it now? That’s right, 10:10 and we are ready for Science! That means we have to have everything ready and off we travel to Mrs. Behrens’ room, Scientists :) Recently, we have learned the scientific method and have gotten to do LOTS of experiments.

Around 11, we have our third and final Small Group for the day. Then there are a few minutes to catch up on anything we need to from the morning or get to hear Mrs. Boettcher read.

By 11:30, we are en route for lunch, with a quick pit stop at the bathrooms to wash hands. We hope you’ll stay tuned for the REST of our day, which will be coming your way in the next week (or two!).

-Fifth graders created this article during Computer class. They selected one or more parts of the day, discussed with a partner what they do during that time and tried to come up with ‘juicy’ words to describe how they spend their morning at school.
City Elections—
Your Vote
Counts!!!
By: Nancy Kunickis

Did you know that voting in all elections is a right that is afforded to all US citizens? On November 3, there will be an election of primary importance to local communities. Many people fail to visit the polls to cast their ballots in local city elections because they feel the election “isn’t important”; one vote counts in many ways. On Tuesday, communities across America will hold City Council and Mayoral elections. Municipal polices made by our local City Council have a large impact on the well-being of our community. Our local city government is important to our community’s vitality, and the environment of our community such as street projects. In the last two years, a Capital Improvement Levy was passed to allow the city of Laurens to repair our streets, providing West Main Street and eleven more blocks with resurfaced asphalt. City members have worked on a Storm Water Utility project, which allows fixing our storm sewer intakes to reduce the flash flooding in areas of our town. The leisure and culture of our town such as our Library, our parks, and the construction of the Prairie Park Trail will begin next Spring and will provide an additional recreational outlet to our community. A CDBG owner occupied housing rehabilitation grant for $374,000 was applied for and granted, which allows qualified homeowners in Laurens to improve their property. Urban Revitalization is in effect in Laurens also, and this allows home owners to update/repair their homes, or to construct new homes without additional property taxes for five years. And, the Laurens Pride Program encourages citizens to beautify their homes.

The important decisions the City Council makes effects the positive growth of our community. No government affects you as much as your local city government. A city government passes and enforces ordinances for the betterment of our community. We all know too, if a pothole develops on your street, you will probably call City Hall to get it fixed. When a fender bender happens in town or you just lock your keys in your car, an officer of the local police department will be the first responder on the scene. When one needs an ambulance in our community, they will arrive within minutes of that call. Laurens citizens interact with local government for everything from dog licenses to how our local taxes are spent. Electing local officials committed to communication with the Laurens citizens is the most effective way of knowing what is going on in our town. Local elections are just as important as national ones. Your locally elected officials make huge decisions about you and your community. Voting in the local City Council and Mayor election on November 3 gives people an opportunity to have a say about how the City Council will spend money and run the services in their community. Our local government has an enormous impact on our lives, and on the services that people have the most contact with each and every day. So please, get out and vote on Tuesday, November 3 because your vote counts! If you still think your vote doesn’t matter, then the truth is, local elections are where the power of one vote is greatest. This local election gives voters a say in who will represent you in important decisions affecting our community. That is why it is so important to vote! This election is your chance to vote on who makes those decisions affecting our community, don’t waste the opportunity.
Will Laurens, IA have a swimming pool for our families in the future? We do know our current pool WILL NOT be usable for long. It is uncertain as to whether it will be usable for the 2016 season.

Ask yourself what YOU have done to insure Laurens will have a new swimming pool in the future. It is going to take the ENTIRE community and beyond to see the new pool become reality.

PLEASE DO YOUR PART AND SEND YOUR DONATION TODAY!

TAX DEDUCTIBLE DONATIONS may be sent to:
Laurens Pool Project, c/o City of Laurens
272 North 3rd Street, Laurens, IA 50554

Like us on Facebook:
Laurens Pool Project
www.laurens-ia.com
The Laurens Public Library Foundation's Pancake Supper was a Great Success!

Many community members, including a group from the Laurens Care Center, enjoyed the famous pancakes, made and flipped by the Laurens Kiwanis. Thanks to these donations, the Library Foundation will be able to continue purchasing CD Audiobooks, Kids online TumbleBooks, books for new baby packets, Preschool Outreach Tubs, sponsor programs for kids and adults, and our Summer Reading Program. New projects will include digitizing the Laurens Sun 2009-2014, purchasing a VHS to DVD converter and a charging station for patrons' phones etc.

Pictured below, Kiwanis members Doc Van Genderen and Mike Ford prepare the pancakes made to order for Kelli and Celsey Hapes. Dale Frantz waits in the background to serve up the sausages, while Library Foundation members Dorothy Lamberti and Connie Dallenbach prepare the beverages.

Usborne Book Sale at Albert City Public Library

The Annual Usborne Book Sale has arrived once again at the Albert City Public Library conference room beginning on Tuesday, November 3rd during regular library hours and continuing through Saturday, November 7th. Holiday Open House is Friday night 5-9pm and Saturday from 9-12noon. First come first served and best selection early in the week. Don’t miss out on this great book event! Great books and games and other educational materials for your growing child. They are sturdy and colorful and sure to please. Get a head start on your Christmas shopping here. "The Very Best Books for Children of all Ages!” For every item sold, the library receives half of the value of the item back in free books for the library. So this is a win-win for everyone! As always, we thank you for your patronage.
At the Library
with Glenda Mulder
October 28, 2015

With this week’s cooler temperatures, it finally feels like October – just in time for Halloween! The Library Foundation’s Halloween tradition of hosting Magician Larry Dunbar will continue this year. Come at 7 p.m. and see all the kids dressed in their Halloween costumes. Wear your costume if you wish. Help me try to figure out the secret to the magician’s tricks. (I hope he does the one with the orange again, I really want to figure that one out!) He puts on a great show that is fun for all ages!

Thank you so much for supporting the Laurens Public Library Foundation at our Pancake Supper last week! Because of your donations, we will be able to continue purchasing CD Audiobooks, subscribe to Kids online TumbleBooks, books for new baby packets, Preschool Outreach Tubs, sponsor programs for kids and adults, (like the magician!) and our Summer Reading Program. New projects will include digitizing the Laurens Sun 2009-2014, purchasing a VHS to DVD converter, as well as a charging station for patrons’ phones etc.

Did you mark November 10th on your calendar? I sure hope so – you don’t want to miss Psychic Medium Sonia Rose, at 7 p.m.! According to her website, “Sonia is a gifted Intuitive Psychic Medium who has studied at the Arthur Findlay Metaphysical College in Essex, England. She loves helping people and guiding them on their life path by bringing forth evidence that confirms the fact that our loved ones are very much still present in our every-day lives.” I am totally looking forward to this event – hope you are too! Bring your friends, we’ll have a ball!

Event Calendar

• Tot Time every Monday at 10 a.m.
• Tell Me a Yarn Mondays 5-7 p.m.
• Writers Free for All is 3rd Monday of the month at 7 p.m.
• Book Club is 4th Monday of the month at 7 p.m.
• Card Making is the 4th Tuesday of the month
• Magician Larry Dunbar October 31 at 7 p.m.
• Psychic Sonia Rose November 10 at 7 p.m.

Thank You!

Many thanks to the Laurens Ladies Golf Association for the quilt that I won during their "Boobs, Bubbly & Bites" event. Special thanks to Mary Svuba and Shirley Kruse for their generous contribution in making and donating the quilt for the event. It’s beautiful, you gals are amazing! It was a great surprise to receive and definitely made my day! I am truly grateful.

Thank you,
Joyce Ahlers

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The Paper!
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**Laurens Genies to Meet**

The Laurens Genies will meet Friday, October 30 at 2:00 p.m. at the home of Dorothy Runneberg. Jeanette Korrect will present the program about “When We Made Our Own Music”. Roll Call for the meeting will be “Tell about a family Christmas many years ago”. Anyone who is interested in family research and genealogy is cordially invited to attend.
November Outpatient Clinic Schedule

**Cardiology**
Iowa Heart - November 3
Call: (800) 515-6279

Iowa Heart Ultra Sound
November 3 & 17
Call: (515) 574-6248

**Oncology**
Next Clinic in December
Make Appt. w/ Peg Sones
Call: (712) 335-5232

**NW IA Bone, Joint & Sports Surgeons**
Dr. Hamann, Orthopedics
November 5, 12 & 19
Dr. McClain, Podiatry
November 4, 11, 18 & 25
Call: (800) 248-4049

**Berryhill Mental Health**
Wed., Thurs. & Friday
Call: (800) 482-8305

**Mental Health**
Chris Carr
November 2, 9, 16, 23 & 30
Every Monday
Call: (712) 225-8054

**Dermatology**
Dr. Green, Katie Blomgren & Crystal Meyer
November 3
Call: (515) 955-4440

**Pulmonology**
Dr. Meyer
Next Clinic in December
Usually on a Tuesday
Call: (800) 622-8317

**Urology**
Dr. Christ, Bobbi Honkomp
November 2 & 16
Usually 3rd Monday
Call: (712) 262-6214

**Ear, Nose, Throat & Neck**
Dr. Jorgensen
November 19
Call: (712) 262-8120

**Diabetes Center**
Every Tuesday
Call: (712) 335-5230

**NW IA Surgeons**
Weekly
Call: (712) 335-5230

**OB/GYN/Surgeon**
Dr. Wilson - November 12
Make appt. with Jenny Benna
Call: (712) 335-5230

**Wound Center**
Friday of each week
Call: (712) 335-5230

**Cosmetic Surgery**
Vein Procedures
Dr. Kolegra
November 6
Call: (712) 332-6001

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**FREE transporta**
**tion to and from Pocahontas Hospital, Pocahontas & Laurens Unity Point Clinics. Call the Pocahontas Transit Bus @ 335-3704.**
HALLOWEEN PARTY!
SUNDAY, OCTOBER 31
DRINK SPECIALS
COSTUME PRIZES AT 12AM
LIVE MUSIC BY DANNY WHITSON 9PM–1AM

Baked Ham Dinner
Serving begins at 5 p.m.
Come out and enjoy supper with us!

Halloween Party!
Saturday, October 31
Drink specials
Costume prizes at 12 am
Live music by Danny Whitson 9 pm–1 am

Baked Ham Dinner
Serving begins at 5 p.m.
Come out and enjoy supper with us!

Our Town Our Paper!
COME JOIN US
SATURDAY, OCTOBER 31ST
FOR TRUNK OR TREAT!!
METHODIST CHURCH PARKING LOT
FROM 5 TO 6:30P.M.
BRING YOUR LITTLE GHOSTS AND
GOBLINS FOR SOME TRICK OR
TREATING FUN!!

If you are interested in parking your car in the lot to pass out treats please contact Angie at 712-450-0295. We will need to have all cars parked by 4:30p.m. in order to make the parking lot safe for all children.

If you are interested in donating candy to the event please contact Angie or leave at the Methodist church marked Trunk or Treat.

*Sponsored by the Laurens Area Youth Group
Calling All Supplies!

The L-M Elementary will be participating in their first MakerDay this Spring! We are asking parents, grandparents, anyone (!) to save/donate the following items during the upcoming months:

- Cardboard - thick and thin
- Duct Tape
- Masking Tape
- Playing Cards (can be mismatched)
- Straws
- Old CD’s
- Toilet Paper/Paper Towel Tubes
- Wrapping Paper Tubes
- String
- Egg cartons

These items can be dropped off at the main office of the school (box under the table marked “MakerDay”).

Save the Date: Friday, March 4th - MakerDay Open House

Fonda Arts Center Presents “A Patriotic Salute to Our Veterans”

The Fonda Arts Center presents “A Patriotic Salute to Our Veterans” on Sunday afternoon, November 8th, starting at 2 p.m. at the Fonda Arts Center. Through music and stories, master of ceremonies, Randy Schmitt, will acknowledge and honor the veterans of our area, and veterans everywhere. The “Joyful Praise Trio” of Albert City will join Randy, as well as “4 for 1”, the Archer family children from Varina. Rounding out the program will be Coleen and Cheryl Baughman and Roberta Morenz from Newell, Ron Dewey from Albert City, and Larry Heschke, Randy and Gloria Mobley, Lyla Kuklenz, and Sherry Gustafson from Fonda. All this happening at the Fonda Arts Center, Fourth and Main Streets in Fonda. Everyone is welcome and encouraged to bring other family and friends who are veterans. The Arts Center is handicapped accessible. As always, free admission, free refreshments!

Open House!

Come help us celebrate Gloria Bell’s 80th birthday. Saturday November 7, from 2:00–4:00 p.m. at the Corner Stone Room at West Iowa Bank in Laurens, IA. She will be joining this milestone on November 25th.
Thank you to The Pizza Ranch, Brenda Zylstra & all the workers at The Pizza Ranch for allowing us to hold our fundraiser there this past September. Thank you to everyone who dined-in, ordered carry-out or delivery. We raised $458.58! Thank you for your support.

~Laurens Area Community Youth Group

Girl’s Night Out!

20 VENDORS & COUNTING:

- Scentsy
- Three Rivers Kringle
- Thirty-One
- Origami Owl
- Tastefully Simple
- Pampered Chef
- Wild Tree
- Keep Collective
- Tupperware
- Secret Skin Care
- Vinyl Visions
- New Impressions
- Avon
- Vantel Perles
- Young Living/
  Essential Oils
- Clever Containers
- Deb’s Krafting and
  R&R
- Timeless Beads by
  Kelly Jo
- Norwex
- K&E Beads
- Paparazzi Jewelry
- Miriam
- International Anti-
  Aging Beauty &
  Brain Care

Pocahontas Community Hospital
Conference Center

Thursday, November 05, 2015

4:00 – 7:00 p.m.

Fresh baked goods, jewelry, bags, cooking supplies, storage containers, bracelets, clothing, home décor, perfumes, dips, cleaning products, personalized decor and many, many more items to shop for.

Join us for a fun evening of shopping for Christmas gifts & gifts for you - all in one area!
### Saturday, November 21

**Pocahontas Golf Club**

#### 5K Fun Run/Walk

**Kids 1 mile Run/Walk**

All proceeds go to the Stoulil Family to assist with medical costs related to Mia’s fight with CHD and HLHS.

**Shirt Pick Up Begins at 8 am**

- **5K Fun Run/Walk** - 9 am
- **1mi Kids Fun Run/Walk (gr 9&U)** - 10 am

**Silent Auction Closes at 12 pm**

**Pancake Breakfast** 9 am—12 pm

Cheques made to “Mighty Mia 5K” and mailed to:
Shaylyn DeYoung
604 S Main St, Pocahontas 50574
Questions?
515.480.5353 or shaylynd@hotmail.com

#### Registration Details

**Race (circle one):**
- **5K Run/Walk** ($30)
- **Kids 1 mile Run/Walk** ($20)

**T-shirt Sizes:**
- S
- M
- L
- XL
- YS
- YM
- YL

If you would like to order a shirt but do not want to race, please fill in form and include $12 for shirt.

**Checks made to “Mighty Mia 5K”, Mail registration form and payment to:**
Shaylyn DeYoung
604 S Main ST, Pocahontas 50574

**Registration Due by Tuesday, November 10**

Includes long-sleeved shirt and pancake breakfast

Registration received after Tuesday, November 10 is not guaranteed specified shirt size.

Can register on race day, but shirt is not guaranteed.

If you would like to order a shirt but do NOT want to race, please fill in form and include $12 for shirt.

Non-runners may enjoy the pancake breakfast with a free-will donation.

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If you would like to order a shirt but do NOT want to race, please fill in form and include $12 for shirt.

**Signature**

**Date**

**Signature of parent or guardian if under 18 years of age**

**Date**

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*Checks made to “Mighty Mia 5K”.*
This Week at Laurens United Methodist Church

Wed., Oct. 28th:
Praise Band practice @ 5:30 p.m.
Puppet Troop @ 6:30 p.m.

Thurs., Oct. 29th:
Basic Christianity Bible Study @ 7 p.m. at Linda Lingo’s

Fri., Oct. 30th:
Men’s Bible Study @ 7 a.m.

Sat., Oct. 31st:
Trunk or Treat from 5-6:30 p.m. in parking lot

Sun., Nov. 1st:
All Saints Day
Sunday School @ 9:10 a.m.
Fellowship @ 9:30 a.m.
Worship @ 10:30 a.m.
Consecration Sunday & Celebration Dinner
Choir performs
Laurens Area Youth Group Board meeting @ 1 p.m. here

This Week at Bethany Lutheran

Saturday: October 31, 2015
5:00-6:30 PM ~ Trunk or Treat at UMC parking lot
Daylight Savings Time Ends

Sunday: November 1, 2015
9:00 AM ~ SS & Confirmation
9:15 AM ~ Coffee Fellowship
10:30 AM ~ Worship w/Communion,
A Litany of Remembrance, Teacher Installation, Bible & Pectoral Cross
Presentation, & Confirmation Retreat Report
6:00 PM ~ Youth Group (JH) at BLC

Tuesday: November 3, 2015
10:00 AM ~ Coffee w/Pastor
NO Hand Bell Rehearsal
4:30-7:00 PM Election Day Soup Supper

Worship, Love, Accept – Together in Christ’s Name

Grace Lutheran Church Marathon, Our Savior’s Lutheran Church Albert City & St John Lutheran Church Rural Albert City

Pastor John Mayer

Sundays 9 a.m. Worship Service @ Grace Lutheran Church - Marathon
Sundays 10:30 a.m. Worship @ Our Savior’s Lutheran Church - Albert City
Sundays 9:00 a.m. @ St John Lutheran Church Rural - Albert City

This Week at First Christian Church

Pastor Rev. Rita Cordell

Thursday, Oct. 29
2:00 p.m. - Coffee with Pastor

Friday, Oct. 30
7:00 p.m. - AA

Sunday, Nov. 1
9:30 a.m. - Sunday School
10:30 a.m. - Worship
6-8 p.m. - Jr. High Youth Group at Baptist Church

Sacred Heart Church Laurens

Father Francis Makwina
Weekday Mass: Friday at 8:00 AM
Weekend Mass: Sunday at 10:30 AM (November - February)

Cluster Parishes
St. Joseph Catholic Church, Sioux Rapids
Weekday Mass: (Monday & Wednesday) - 8:00 AM
Weekend Mass: Sunday - 8:30 AM (November - February)

St. Louis Catholic Church, Royal
Weekday Mass: (Tuesday & Thursday) - 8:00 AM
Weekend Mass: Saturday - 5:00 PM (November - February)
## Extension News

### Mosquito/Public Health Pest Management Course Offered October 29

Iowa State University Extension and Outreach Pocahontas County office will offer the Mosquito/Public Health Pest Management Continuing Instruction Course (CIC) for commercial pesticide applicators Thursday, Oct. 29, 2015. The program is offered at office locations across Iowa through the ISU Extension and Outreach Pesticide Safety Education Program (PSEP).

Registration begins at 8:30 a.m. followed by sessions from 9 to 11:30 a.m. The registration fee is $35. To register, contact ISU Extension and Outreach Pocahontas County office at 712-335-3103 or email dianned@iastate.edu

The course will provide continuing instruction credit for commercial pesticide applicators certified in categories 7D (Community Insect Management), 8 (Public Health Pest Control), and 10 (Research and Demonstration). The course will cover topics such as laws and regulations, calibration basics and pesticide drift, and mosquitoes, ticks and flies.

Additional information about this and other courses offered through the Pesticide Safety Education Program may be accessed at [www.extension.iastate.edu/psep](http://www.extension.iastate.edu/psep).

### Ornamental and Turfgrass Applicators Course Offered Nov. 11

Iowa State University Extension and Outreach Pocahontas County office will offer the Ornamental and Turfgrass Applicators Continuing Instructional Course (CIC) for commercial pesticide applicators Wednesday, Nov. 11, 2015. The program can be seen at office locations across Iowa through the ISU Extension and Outreach Pesticide Safety Education Program (PSEP) team.

Registration begins at 8:30 a.m. and the course will be held from 9 to 11:30 a.m. Please note: this is a change from previous years. The registration fee is $35. To register, contact ISU Extension and Outreach Pocahontas County office at 712-335-3103 or email dianned@iastate.edu

The course will provide continuing instructional credit for commercial pesticide applicators certified in categories 3O (Ornamental Pest), 3T (Turf Pest), 3OT (Ornamental and Turf Pest) and 10 (Research and Demonstration). Topics to be covered include equipment calibration and safe application techniques, pesticide drift reduction, phytotoxicity, turfgrass management including disease control, ash tree treatment methods and pesticides, and nontarget effects of neonicotinoid insecticides.

Additional information and registration forms for this and other courses being offered by the PSEP team can be accessed at [www.extension.iastate.edu/PSEP](http://www.extension.iastate.edu/PSEP).

### Beginner iPad Workshop

So, you got an iPad. How? What? You may know what Facebook, YouTube, and Blogs are but, do you know how to use them to make your life easier and to be a lifelong learner? On Tuesday, November 10th, ISU Extension and Outreach Pocahontas County, partnered with Northwest Communications, will be offering a workshop to teach iPad owners how to use their iPad for more than email and surfing the internet. Participants are asked to bring their iPad to class with an iTunes account loaded, where they will learn about - my iPad; what is an app; how to select and load a good app; and making app folders to be lifelong learners.

The iPad workshop will be offered at the Pocahontas County Extension and Outreach Office in Pocahontas from 9:30-11:30am or 6:30-8:30pm. This basic iPad workshop will be limited to 10 people with paid registration fee of $5 per person. For questions and sign-up, please stop by the Pocahontas County Extension and Outreach office by Tuesday, November 3rd or call (712) 335-3103.
4-H Community Thanksgiving Dinner

4-H’ers under the direction of Master Food Volunteers will prepare a traditional Thanksgiving dinner for the residents of Pocahontas County. The meal will be served at the Pocahontas Area HS/MS lunchroom Saturday, November 7, 2015 from 11:30 a.m. – 12:30 p.m. Please support the 4-H’ers with their desire to master their food science skills. This is a FREE dinner to all, but we do ask that you RSVP no later than October 30 by calling the ISU Extension and Outreach Pocahontas County Office at 712-335-3103 or email lzeman@iastate.edu

Your Money, Your Future: Creative Holiday Planning Workshop Begins Wednesday, November 11

The holiday season is fast-approaching…Have you started your holiday shopping? Have you created a holiday spending plan? Now is the perfect time to have sound information and strong skills, to make your money work for you even through the holidays!

Your Money, Your Future: Creative Holiday Planning provides tools to help manage money effectively, make better financial decisions, and live according to your priorities.

Your Money, Your Future: Creative Holiday Planning is a workshop provided by Iowa State University Extension and Outreach in Pocahontas County.

You’ll learn how to:
• get more for your money
• save money for holiday spending
• develop a Holiday Spending Plan
• use online shopping safety
• get creative low-cost holiday ideas

The course meets Wednesday, November 11, Wednesday, December 16, and Wednesday, January 13. The session is from 11:30am – 1pm at Pocahontas County Extension and Outreach Office. The course fee is $5 per session for this Holiday Planning workshop and pre-registration is required by Monday, November 9. To register call 712-335-3103 or email hfrerk@iastate.edu.

Nutrition Education Program Teaches Kids about Healthy Eating

Michelle Hanson and her son, Nash, are cutting fruit. Correction — Nash is cutting fruit with the help of a non-slip, fruit-shaped cutting board and a plastic safety knife. Hanson looks on with pride.

“He was so excited and proud of the recipes he completed,” she said. “He is a very active little boy, so for him to enjoy time in the kitchen is a treat to see!”

Hanson is referring to Nash’s experience with Kids in the Kitchen, a seven-lesson, youth food and nutrition education program funded by the U.S. Department of Agriculture and offered through Human Sciences Extension and Outreach.

Iowa parents and school administrators involved in the program said it spurred positive changes in kids’ attitudes towards food.

Kids in the Kitchen teaches kids basic cooking skills and nutrition education with a fun twist.

“We thought, ‘Let’s make the most of the fact that we’re not going to be at desks or in a classroom, and look for a curriculum that’s really different from anything that’s out there,’” said Christine Hradek, a state specialist in Human Sciences Extension and Outreach. “Something that is just a bit messy and rambunctious.”

The University of Missouri Extension’s Kids in the Kitchen curriculum was the perfect fit.
Farmers Encouraged to Use Soil Sample Results to Reduce Costs

Regular soil tests help farmers save money in the long run

Crop prices have been declining and there is considerable uncertainty about the future. Although phosphorus (P) and potassium (K) fertilizer prices have remained constant or declined slightly, producers are still thinking of reducing application rates for nutrients to balance yield profits and crop production costs.

“With unfavorable crop fertilizer prices, farmers are considering reducing fertilization rates across all crops despite field conditions,” said Antonio Mallarino, professor and extension specialist in agronomy and nutrient management research at Iowa State University. “However, making rational or sound management decisions should begin by testing soil, following the recommended application rates for additional nutrients.”

Test soil before buying inputs. Soil testing is not a perfect diagnostic tool, but it is useful and has become less expensive in recent years. Testing expenses are low compared to overall production costs and testing is especially relevant with this year’s lower crop prices.

Soil sampling guidelines for phosphorus, potassium and other nutrients are available in the Iowa State University Extension and Outreach publication, Take a Good Sample to Help Make Good Decisions (PM 287). Also, P, K and pH soil test interpretations based on Iowa field research are available in the publication, A General Guide for Crop Nutrient and Limestone Recommendations in Iowa (PM 1688).

In very low and low-testing soils, crop yield increases are highly likely from P and K fertilization, but in high-testing soils, the yield increase becomes very unlikely. Therefore, Mallarino suggests not reducing nutrient rates for low-testing soil samples where there is the potential for yield increases and profitability. Instead, consider not fertilizing those high-testing soils. This will reduce the costs associated with inputs and still keep yields somewhat high for a good return.

“Many Iowa producers are choosing to apply the right rate of fertilizer, at the right time,” said Mallarino. “Using a good soil sampling method and variable-rate technology will help determine the phosphorus and potassium application rate within fields. However, the key issue that applies to many Iowa producers is that there is no rational reason to maintain higher than optimum soil test levels.”

If economic conditions are poor, cropland use is in question or crop prices are low, farmers may want to temporarily reduce nutrient inputs to reach optimum soil test levels. This may increase profits in the short-term, but soil test values will steadily decline over time and, as a result, higher application rates will be needed throughout the years.

Give credit to P and K in animal manure. Iowa research has shown that manure is an excellent phosphorus and potassium source, when used in conjunction with manure analysis and careful application methods. The potassium availability of all animal manure is 90 to 100 percent compared to fertilizer (and assuming otherwise similar conditions), whereas the phosphorus availability varies from 60 to 100 percent according to the type of manure.
New Guide Provides Updated Weed Identification and Herbicide Resistance Information

A convenient reference guide to assist producers and agronomists in the field

Iowa State University Extension and Outreach has released a new version of the Weed Identification Field Guide, first published in 2010, to assist producers and agronomists with accurately identifying weeds in Iowa corn and soybean fields. The Weed Identification Field Guide, 2nd Edition, includes additional weed species and updated information on herbicide resistance management. The guide is now available for purchase online from the Extension Store at https://store.extension.iastate.edu/.

Kristine Schaefer, contributing author of the publication and pesticide safety education program manager at Iowa State University Extension and Outreach, said it was important to amend information about herbicide resistance and management from the first edition, as issues continue to develop.

“One weed added was Palmer amaranth, a new weed to Iowa and one that has shown resistance to glyphosate and other herbicides,” said Schaefer.

The 108-page booklet is organized into five sections: weed management, grass weeds, broadleaf weeds, other weeds, and glossary and index. Each section includes supplemental identification descriptions, enhanced photos and tools for correctly distinguishing weeds that have similar characteristics.

“The guide is intended to help producers and agronomists identify weeds in the field without having to go back to the office or check online to confirm identification,” said Schaefer.

The pocket-sized guide contains 35 illustrations and more than 250 high-quality photographs of weeds found in Iowa. Funding for the development of the guide was provided by the United Soybean Board Take Action program and the Iowa Soybean Association.

Printed copies can be purchased online through the Iowa State University Extension and Outreach Extension Store for $10, and the PDF version can be downloaded for $5.
<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Nutrition Tip: 30% of milk consumed by 6- to 12-year-olds is consumed with cereal. Reference: NHANES 2009-10 (Day 1)</th>
</tr>
</thead>
</table>
| Monday   | Combo Link  
W/G Hot dog bun  
Orange Juice  
Milk         |                                                                                                               |
| Tuesday  | Breakfast Pizza  
Pineapple  
Milk          |                                                                                                               |
| Wednesday| Cereal  
Muffin  
Yogurt, Strawberries  
Milk           |                                                                                                               |
| Thursday | Biscuits & Gravy  
Peaches  
Milk          |                                                                                                               |
| Friday   | No School                                                                                                   |                                                                                                               |
| Monday   | Pancake Sticks  
Grape Juice  
Milk          |                                                                                                               |
| Tuesday  | French Toast  
Fruit Cocktail  
Milk          |                                                                                                               |
| Wednesday| Cereal  
Donut Holes  
Pears  
Milk          |                                                                                                               |
| Thursday | Sausage, Egg & Cheese  
Biscuit  
Apple Juice  
Milk          |                                                                                                               |
| Friday   | Scrambled Eggs  
Toast, jelly  
Mandarin Oranges  
Milk          |                                                                                                               |
| Monday   | No School                                                                                                   |                                                                                                               |
| Tuesday  | Cheese Omelet  
Toast, Jelly  
Orange Wedges  
Milk          |                                                                                                               |
| Wednesday| Mini pancakes  
Applesauce  
Grape Juice  
Milk          |                                                                                                               |
| Thursday | Cereal, Muffin  
Yogurt  
Peaches  
Milk          |                                                                                                               |
| Friday   | Waffle Sticks  
Pineapple  
Milk          |                                                                                                               |
| Monday   | Pancake Bites  
Fruit Cocktail  
Milk          |                                                                                                               |
| Tuesday  | Biscuits & Gravy  
Pears  
Milk          |                                                                                                               |
| Wednesday| Breakfast Pizza  
Peaches  
Milk          |                                                                                                               |
| Thursday | No School                                                                                                   |                                                                                                               |
| Friday   | No School                                                                                                   |                                                                                                               |
| Monday   | Combo Link  
W/G Hotdog Bun  
Orange Juice  
Milk         |                                                                                                               |
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Parmesan&lt;br&gt;Caesar Salad&lt;br&gt;Steamed Carrots&lt;br&gt;Pears&lt;br&gt;Bread Stick</td>
<td>Pepperoni Pizza&lt;br&gt;Lettuce Salad&lt;br&gt;Green Beans&lt;br&gt;Peaches&lt;br&gt;Brownie</td>
<td>Soft Shell Tacos&lt;br&gt;Tex-mex Pasta&lt;br&gt;Mixed Vegetables&lt;br&gt;Black Beans &amp; Rice, Apple slices</td>
<td>Chicken Nuggets&lt;br&gt;Cinnamon Sweet Potatoes, Corn&lt;br&gt;Banana Dinner Roll</td>
<td>No School</td>
</tr>
<tr>
<td>Chicken Alfredo&lt;br&gt;Broccoli, Cheese&lt;br&gt;Lettuce Salad&lt;br&gt;Baby Carrots&lt;br&gt;Fruit Cocktail&lt;br&gt;Garlic Toast</td>
<td>Crispito, Cheese Sauce&lt;br&gt;Lettuce Salad, Tomatoes, Pears&lt;br&gt;Dinner Roll</td>
<td>Beef &amp; Noodles&lt;br&gt;Mashed Potatoes&lt;br&gt;Green Beans&lt;br.Applesauce&lt;br&gt;Dinner Roll Cookie</td>
<td>Tater Tot&lt;br&gt;Casserole&lt;br&gt;Cucumber Slices&lt;br&gt;Lettuce Salad&lt;br&gt;Mandarin Oranges&lt;br&gt;Breadstick</td>
<td>Italian Chicken Sandwich&lt;br&gt;Waffle Fries&lt;br&gt;Lettuce Salad&lt;br&gt;Sliced Tomato&lt;br&gt;Pineapple</td>
</tr>
<tr>
<td>No School</td>
<td>Chicken &amp; Noodles&lt;br&gt;Broccoli&lt;br&gt;Normandy Peas, Orange Wedges&lt;br&gt;Dinner Roll</td>
<td>Hamburger&lt;br&gt;Lettuce Salad&lt;br&gt;Pickles, Tomato&lt;br&gt;Baked Beans&lt;br&gt;Strawberry Cup Chips</td>
<td>Turkey, Dressing&lt;br&gt;Mashed Potatoes&lt;br&gt;Gravy, Sweet Potatoes, Corn&lt;br&gt;Cranberry Sauce&lt;br&gt;Pumpkin Desert</td>
<td>Mr. Rib&lt;br&gt;Pasta Salad&lt;br&gt;Steamed Carrots&lt;br&gt;Cauliflower, Cheese sauce&lt;br&gt;Pears</td>
</tr>
<tr>
<td>Hot Ham &amp; Cheese&lt;br&gt;Tomato Soup&lt;br&gt;Mixed Vegetables&lt;br&gt;Cinnamon&lt;br&gt;Applesauce&lt;br&gt;Cookie</td>
<td>Chili, Crackers&lt;br&gt;Steamed Broccoli&lt;br&gt;Tex-Mex Pasta&lt;br&gt;Mandarin Oranges&lt;br&gt;Cinnamon Roll</td>
<td>Chicken Gravy &amp; Biscuits&lt;br&gt;Mashed Potatoes&lt;br&gt;Green Beans&lt;br&gt;Fruit Cocktail Sidekicks</td>
<td>Thanksgiving!&lt;br&gt;No School</td>
<td>No School</td>
</tr>
<tr>
<td>Corn Dog&lt;br&gt;Baked Beans&lt;br&gt;Spinach Salad&lt;br&gt;Apple Slices&lt;br&gt;Dinner Roll</td>
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The Laurens City Council met in regular session at the Municipal Building at 5:00 pm, October 19, 2015. Mayor Rod Johnson called the meeting to order. Present were Council Members Rich Newgard, Jean Swanson, Julie Potter, Thaine Hopkins and Sid Enockson; Police Chief, Chris Toner; Public Works Director, Julian Johnsen; City Attorney, Ann Beneke; and City Manager, Barbara Smith.

Newgard motioned to amend the agenda removing item #2, Acceptance of Officer Blake Wiley’s resignation; seconded by Swanson. Ayes all; motion carried.

Newgard motioned to approve the amended consent agenda consisting of the amended agenda, list of claims, and minutes from the October 5, 2015 meeting; seconded by Potter. Ayes all; motion carried.

The Buena Vista Recycling proposal was discussed. There was no action taken on this item. The City currently has a contract with Shamrock Recycling to pick up the curbside recycling.

Newgard motioned to approve the 28E agreement with Drainage District #41 pending the clarification of Iowa Code on the recording of the 28E agreement; seconded by Hopkins. Ayes all; motion carried.

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### CLAIMS 10/19/15

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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<tbody>
<tr>
<td>AIRGAS OXYGEN</td>
<td>27.95</td>
</tr>
<tr>
<td>AMAZON BOOKS &amp; DVDS</td>
<td>308.68</td>
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<tr>
<td>ARAMARK SUPPLIES</td>
<td>958.24</td>
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<tr>
<td>AVESIS INSURANCE</td>
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<tr>
<td>BAKER &amp; TAYLOR BOOKS</td>
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<tr>
<td>BARB SMITH MILEAGE</td>
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<tr>
<td>BROWN SUPPLY SUPPLIES</td>
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<tr>
<td>CAPSTONE PRESS BOOKS &amp; DVDS</td>
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<tr>
<td>CARPENTER UNIFORM CLOTHING ALLOW</td>
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<td>CONNECTIONS INSURANCE</td>
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<tr>
<td>DELTA DENTAL INSURANCE</td>
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<tr>
<td>ELECTRONIC ENGINEERING PD INSTALL</td>
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<tr>
<td>GENERAL TRAFFIC STOP LIGHT REPAIR</td>
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<tr>
<td>GRAHAM TIRE EQUIPMENT REPAIRS</td>
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<tr>
<td>IAMU WORKSHOP</td>
<td>20.00</td>
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<tr>
<td>IA SECTION AWWA REG 3 TRAINING</td>
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<tr>
<td>IRS TAXES</td>
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<td>IA ONE CALL LOCATES</td>
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<tr>
<td>JIM VAN SICKLE MILEAGE &amp; TRAINING</td>
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<td>LAURENS HOUSE OF PRINT PAPER</td>
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<td>LMPC COMMUNICATIONS</td>
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<td>LMU UTILITIES</td>
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<td>LAURENS PLUMBING SUPPLIES</td>
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<td>OFFICE ELEMENTS MAINT AGREEMENT</td>
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<td>POC CO SOLID WASTE LAND FILL</td>
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<td>WELLMARK INSURANCE LICENSE FEE</td>
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**Total:** 35,535.64

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### PAYROLL 10/12/2015

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<td>SEWER</td>
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<tr>
<td>GARBAGE</td>
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**Total:** 15,323.89

**PAID TOTAL:** 50,859.53
### City Council Minutes

**BY FUND**

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<td>ROAD USE TAX</td>
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<td>112</td>
<td>EMPLOYEE BENEFITS</td>
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<td>174</td>
<td>POOL-RESTRUCTED</td>
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<td>176</td>
<td>HOMETOWN PRIDE</td>
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<td>316</td>
<td>WEST MAIN &amp; BISSELL</td>
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<td>600</td>
<td>WATER</td>
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<td>670</td>
<td>GARBAGE</td>
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<td>745</td>
<td>STORM WATER</td>
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<td></td>
<td><strong>Total</strong></td>
<td><strong>50,859.53</strong></td>
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Potter motioned to adjourn at 5:33 pm, seconded by Enockson. Ayes all; motion carried.

---

Rod Johnson, Mayor

Barbara Smith, City Clerk