Library Foundation Supper a Success!

There was a great turnout for the Laurens Public Library Foundation’s supper recently! Money raised will fund ongoing Library Foundation projects such as: programs for children and adults, conversion of VHS to DVD, New Baby Packets, CD Audio Books, Preschool Outreach Tubs and the Kids Summer Reading supplies and programs.

We also have a few new things in the works, including: educational and art classes, book benches for Music Garden and a cupboard near the Circulation Desk. We also plan to enhance our Puppet Collection and get a new PA system.

Hy-Vee Pharmacies Installing Drug Take Back Receptacles in All 276 Locations; Implementing New Opioid Prescription Initial Fill Policy

To further assist in combating the national opioid epidemic, Hy-Vee, Inc. announces it has purchased and will install drug take back receptacles by November 7, 2019, in all 276 Hy-Vee pharmacy locations throughout its eight-state region to provide customers a secure place to dispose of unused medications, including controlled substances.

The availability of drug take back receptacles in all Hy-Vee pharmacies provides customers with a safe and responsible way to dispose of unused, unwanted or expired drugs in communities throughout the Midwest and remove them from the environment.

“Installing drug take back receptacles in all of our pharmacies is one more step Hy-Vee is taking toward combating the opioid epidemic,” said Kristin Williams, senior vice president and chief health officer at Hy-Vee.

In addition, Hy-Vee announces that effective today, all Hy-Vee Pharmacy locations will limit the initial quantity of opioids prescribed for treatment of acute pain to seven days – or fewer days where state law or a third-party payor requires.

The new seven-day limit does not apply to chronic pain; pain being treated as a part of cancer care, hospice or other end-of-life care; pain being treated as part of palliative care practices; and medications used to treat opioid addiction.

“We want to be part of the solution, while continuing to provide needed care for customers with acute pain and other severe pain...continued to page 2...
management situations in communities throughout the eight states we serve,” said Williams.

In January 2019, Hy-Vee announced that its pharmacies would no longer allow a subsequent fill of a Schedule II controlled substance, or a refill of a Schedule III or Schedule IV controlled substance more than 72 hours early without authorization from the prescriber.

Hy-Vee also offers naloxone without a prescription in all eight states where it operates pharmacies: Illinois, Iowa, Kansas, Minnesota, Missouri, Nebraska, South Dakota and Wisconsin. Naloxone is available at Hy-Vee pharmacies in nasal spray and injection forms (upon request), although, nasal spray is the most commonly used form. The drug is stored behind the counter and cost varies, depending on the form and whether a customer goes through his or her insurance, or pays cash.

Naloxone can be administered to any person who has overdosed on a wide range of opioids, including hydrocodone, oxycodone, morphine and codeine, as well as heroin.

...continued from page 1...

We would like to thank the staff of the Abben Cancer Center, St. Croix Hospice, Laurens Care Center, and all of Joanne Crotty’s family and friends for your support, love, and prayers during her illness and passing. Mom loved living in Laurens and she had such a good life. She was surrounded by people who loved her and for that we are grateful.

The Crotty Boys,
Dave, Dan, Donn, Doug, Dirk and Families

Vote Tuesday Nov. 5th!

Re-Elect Rod Johnson
Laurens Mayor

It has been a great pleasure to serve the community of Laurens as Mayor these past two terms. I am civically minded and committed to serving Laurens as we work to improve, promote and build for our future. I ask for your support in the upcoming election. Thank you!

Paid for by Rod Johnson
ANNUAL VETERANS DAY DINNER

MONDAY – November 11, 2019
Laurens United Methodist Church
201 West Main Street

Serving – Roast Beef Sandwich
Baked Beans, Chips & a Bar

Time – 11:00 – 1:00
Cost – Free Will Offering

The money raised is going to be used to send Pocahontas County Veterans on the Brushy Creek Area Honor Flight and upkeep on the Veterans Monument.

Delivery is available by calling 712 358 4419
If you or someone you care about is living with a brain injury, you are not alone. We are a group who lives with or cares for someone who lives with brain injury! We exist to support, encourage, understand, inform and provide fellowship for brain injury survivors and those involved in their lives.

Northwest Iowa TBI Support Group
A monthly support group held 2nd Thursday of the month
Location: United Methodist Church, 201 W. Main St., Laurens
(Park and enter on the south side of the church off of Olive St)
Time: 6:00 p.m.
Contact: Rob Schramm by calling: (515) 570-9816
or e-mail: NWIowaTBIGroup@gmail.com

Civil War Program at the Fonda Arts Center

The Fonda Arts Center honors veterans early this year when Tom Shaw of Laurens brings to the Arts Center his reenactment of Civil War days.

Because of an interest in genealogy, Tom learned that he had two great, great grandfathers who had participated in the Battle of Pleasant Hill in Louisiana. This discovery led to a greater interest in all things Civil War, and ultimately to the Fonda Arts Center stage! All this is taking place on Sunday, November 3rd, beginning at 2:00. (This is the Sunday when Daylight Savings Time does its switch to Standard Time; a timely head’s up!)

Rumor has it that smoke from his camp fire can be spotted in the area just north of the Arts Center, located on the northwest corner of Fourth and Main Streets in Fonda!

Everyone is welcome to join us for an enlightening history lesson, complemented with music and interactive activity. As almost always, free admission, free refreshments!
Thanks for your support of the Laurens Library Foundation Fundraiser! Because of your generosity, we will be able to provide many great services and programs to our community. Money raised will fund ongoing Library Foundation projects such as: programs for children and adults, conversion of VHS to DVD, New Baby Packets, CD Audio Books, Preschool Outreach Tubs and the Kids Summer Reading supplies and programs. We also have a few new things in the works, including: educational and art classes, book benches for the Music Garden, a cupboard near the Circulation Desk, enhance our Puppet Collection and a new PA system.

Halloween night the library will again be filled with magic! It will be fun for all ages at 7 o’clock, when Trick or Treating is done. This year we will host magician Toby KID Klauenberg. His show is billed as “45 minutes of weirdness, silly antics, magic, stories & audience participation.” This sounds like a perfect fit for our library! Come enjoy the show with us and see if you can figure out how he does his magic tricks. This program is sponsored by the Laurens Public Library Foundation.

The next program on our calendar (also sponsored, of course, by the Laurens Public Library Foundation!) is the evening of Wednesday, November 6th, when Story Teller Darrin Crow will bring us Coal Car Riggs and Little Eva – The Great Depression in Iowa. His website describes it this way, “This first person story weaves together the lives of Coal Car Riggs, a hobo and the young farm girl Eva Killen as each struggles to survive. Along the way they will cross paths with Grant Wood, Jeff Davis the Hobo King, and the Million Dollar Mulligan.” Iowa librarians are giving this story teller rave reviews, so plan to join us!

New novels we have received include: Blue Moon by Lee Child and Wyoming Heart by Diana Palmer. In nonfiction, we received The Beautiful Ones, which is an autobiography by Prince, with annotations for context.

We are having a coloring contest! The Poky Record-Democrat/Laurens Sun donated four tickets for Disney on Ice at Wells Fargo Arena in Des Moines November 27- December 1. We decided the perfect Disney picture to use was one of Belle in the Beast’s library. Are you as enchanted by that movie library as I am?! Stop at the library and pick up a picture, or print it off from our Facebook post and get coloring! Turn it in to the library by November 4th. All ages are welcome to enter this contest, but you do have to reveal your age on your entry!

**COMING EVENTS**

- Halloween Magician – 7 p.m. Thursday, October 31
- Story Teller Darrin Crow – 7:00 p.m. Wednesday, November 6
  - Tot Time Every Monday at 10 a.m.
- Book Club  7 p.m., 4th Monday of the month
- Card Making 6:30 p.m. 4th Tuesday monthly
- Take it Tuesday 6:30 p.m. the 1st Tuesday of the month
This Week at Bethany Lutheran

Pastor David E. Klappenbach

Thursday: October 31, 2019
5-6 PM ~ Trunk or Treat at UMC

Saturday: November 2, 2019
4:30-7 PM ~ UMC Harvest Turkey Dinner
Daylight Savings Time Ends

Sunday: November 3, 2019
ALL SAINTS SUNDAY
9:15 AM ~ Adult SS
9:30 AM ~ Youth SS & Coffee Fellowship
10:30 AM ~ Worship w/Communion & Litany of Remembrance
2:00-5:00 PM ~ Youth Group at UMC
(Community Clean Up Day)

Monday: November 4, 2019
4:00 AM ~ W/M Mtg.

Tuesday: November 5, 2019
7:30 AM ~ Prayer Group
9:30 AM ~ Tuesday coffee at Bethany
4:30-7:00 PM ~ Election Day Soup Supper

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

Holiday Open Houses

Friday, November 1st 5:00-9:00 PM
Saturday, November 2nd 9:00 AM-1:00 PM

(Individual store hours may vary)

Straw Horse
Pocket of Posies
Albert City Library (Usborne books)
Red House Bakery (Friday only)
Helping Hands
The Spare Room

Thirty-One
Scentsy
Color Street
Paparazzi

Tupperware
Pampered Chef
Tastefully Simple

Wood Creations by Jean
Impulse Collective Boutique

Many craft vendors: wreaths, crochet items, vinyl, cutting boards, table runners and more! Vendors will be located at the school in the new gym.

Food available during the event at the school!
Local people keep local business going and growing!

Sponsored by the Albert City Chamber

Sunday, November 3 Albert City Firemen’s Omelet
Breakfast from 8:00 AM- 1:00PM at the fire station.
Services Held for Carolyn Garton

Carolyn L. Garton, 79, formerly of Laurens, passed away on October 23, 2019 at the North Care Center in Humboldt.

Carolyn was born December 17, 1939 in Dickens, Iowa to Orville and Rachel (Burdette) Kruckman. She was raised on a farm in Rembrandt and went to school in the area. During her time in school, Carolyn met Arlen R. Garton and the two were married on December 17, 1957 in Nashua, Iowa. They settled in Laurens and Carolyn worked as a nurse’s aide at local care centers in the area. Later, she worked for Dr. James Gannon for many years until retiring.

Carolyn was an avid quilter and she also enjoyed sewing, crocheting and playing cards. The joy of her last years was having her great-grandson, Alex, visiting her every week.

She is survived by her children Cindy (Greg) Beekman of Humboldt, Greg Garton of Sioux City and Jeff (Sondra) Garton of Council Bluffs, her grandchildren, Theresa, Kyle, Sara, Chris, Brittany and Evan, her great-grandson, Alexander and her brother Alan (Jewel) Kruckman of Albert City. She was preceded in death by her parents Orville & Rachel, her husband, Arlen and her grandson, Matt Beekman.

Funeral services were held on October 26, at the United Methodist Church in Laurens. Burial was held at the Laurens Cemetery.

Ornamental & Turfgrass Applicators Course Offered November 13

Iowa State University Extension and Outreach Pocahontas County will offer the Ornamental and Turfgrass Applicators Continuing Instruction Course (CIC) for commercial pesticide applicators Wednesday, November 13, 2019. The program can be seen at locations across Iowa through the Iowa State University Extension and Outreach Pesticide Safety Education Program (PSEP) team.

Registration begins at 8:30 a.m., and the course runs from 9 to 11:30 a.m. To register or to obtain additional information about the CIC, contact Dianne Dirks at the ISU Extension and Outreach Pocahontas County office at 712-335-3103.

The course will provide continuing instructional credit for commercial pesticide applicators certified in categories 3O, 3T, 3OT, and 10. The IDALS-required topics to be covered include recognition of sensitive areas as potentially impacted by pesticides, worker protection standard and restricted entry intervals, pesticide labels, and pests and pest management. Pest and pest management topics (including pesticides) include warm season grassy weeds; ant control on golf courses and in ornamental planting beds; growth regulators on athletic fields; moles and how to control them; mulching trees in the urban environment; controlling weeds around urban landscapes; and evergreen tree disease management.

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.
**4-H Service-Learning Sewing Workshop**

Bonnie Wood, Quilting on Main and many of her adult volunteers instructed 4-H’ers how to sew and stuff dog beds. 4-H’ers worked to make 34 dog beds that will be donated to a dog shelter. The 4-H’ers learned how the material for the dog beds had been donated by volunteers that had made quilts for families that lost their belongings in the floods this spring in western Iowa.

The next service project the 4-H’ers will work on is the Community Thanksgiving meal that will be served Saturday, November 9, 11:30 a.m.-12:30 p.m. free of charge to anyone who would like to join the 4-H’ers at the Pocahontas Area Community High/Middle School lunchroom. If you have a child in 4th-12th grade that would like to join 4-H and all the great experiences they are doing this year, call the ISU Extension and Outreach Pocahontas County office at 712-335-3103.

Front – Jacalyn Sobotka, Grace Sobotka, Emma Sobotka, Dani Cook, Jace Beuchle and Verdy Klocke.

Grant Writing 101 Scheduled November 6 in Pocahontas

Representatives of nonprofits, local government, schools and other organizations are encouraged to register for Grant Writing 101, which will be presented from 5:30 to 8:30 p.m. on Wednesday, Nov. 6 at the Pocahontas County Extension office, 305 N Main Street, Pocahontas.

Grant Writing 101 will provide hands-on training in seeking and writing successful grant applications. The program is being sponsored by Iowa State University Extension and Outreach – Pocahontas County; Pocahontas County Economic Development Commission; and Pocahontas County Foundation.

To register, contact Lexi Seuntjens (712-335-3103 or seuntjen@iastate.edu) or Dianne Dirks at 712-335-3103 by Nov. 4. The workshop is free, and a light meal will be served at the start of the program.

Participants are encouraged to bring a laptop, iPad or tablet device to the workshop, if they have one available.

Grant Writing 101 will be presented by Jane Nolan Goeken, Community and Economic Development Specialist with ISU Extension and Outreach. Goeken has more than 30 years of experience writing and reviewing grant applications and working with various federal, state, local and private foundation grant programs. She will assist workshop participants in exploring various public and private funding sources, and provide instruction and tips on planning projects and writing successful grant applications.

For more information about the workshops, contact Goeken at jngoeken@iastate.edu or 712-240-2504.

Upcoming Women, Land and Legacy Meeting

Women, Land and Legacy Meetings are meetings held for female landowners and farmers to be local and global agents of positive change through active discussion, education sessions and networking opportunities. The next meeting is Wednesday, November 6, 2019 at the Laurens West Iowa Bank at 1:00 pm. We will be discussing Stress on the Farm: Strategies that Help.

Participants will learn to identify signs of stress and strategies for coping. You will learn how to help others and will review available resources. Mackenzie DeJong, Human Sciences from Iowa State University Extension and Outreach will be the speaker.

Please contact Lexi Seuntjens 712-335-3103 or seuntjen@iastate.edu to register for this class.

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Yard and Garden: Add Autumn Color with Grasses

Native and ornamental grasses are wonderful for adding multiple seasons of interest in the garden. They add instant texture and form to the garden any time of year whether grouped in clusters or planted singly as focal points. Iowa State University Extension and Outreach horticulturists recommend native and ornamental grasses with good fall color. To have more questions answered, contact Hortline at hortline@iastate.edu or 515-294-3108.

Which ornamental grasses have colorful fall foliage? Several native and introduced ornamental grasses have good fall color. Native grasses with colorful fall foliage include big bluestem (Andropogon gerardii), switchgrass (Panicum virgatum), little bluestem (Schizachyrium scoparium), Indian grass (Sorghastrum nutans), and prairie dropseed (Sporobolus heterolepis).

Purple moor grass (Molinia caerulea subsp. arundinacea), Japanese forest grass (Hakonechloa macra), and Chinese silver grass (Miscanthus sinensis) are introduced grasses with colorful fall foliage.

Which native grass cultivars have good fall color? Many native grass cultivars develop good fall color. Big bluestem (A. gerardii) cultivars ‘Indian Warrior’ and ‘Red October’ have purple and scarlet red fall foliage respectively.

Switchgrass (P. virgatum) cultivars ‘Cloud Nine,’ ‘Dallas Blues,’ ‘Heavy Metal,’ and ‘Northwind’ have yellow fall foliage.

Cultivars of little bluestem (S. scoparium) with excellent fall color include ‘Blaze’ (shades of orange, red, and purple), ‘Blue Heaven’ (burgundy red), ‘Carousel’ (copper, orange, and mahogany), ‘Jazz’ (burgundy red or purple), ‘Prairie Blues’ (shades of orange and red), ‘Prairie Munchkin’ (mix of orange and purple), ‘Standing Ovation’ (maroon to purple), and ‘The Blues’ (shades of orange and red).

In fall, the foliage of Indian grass (S. nutans) cultivars ‘Indian Steel’ and ‘Sioux Blue’ turns yellow, while the foliage of ‘St. Louis’ is orange-red. ‘Tara’ prairie dropseed (S. heterolepis) develops an orange-red fall color.

When should I cut back my ornamental grasses? Many ornamental grasses provide color, sound and movement to the winter landscape. Because of these winter features, April is the preferred time to cut back ornamental grasses in Iowa. Cut back the grasses to within 2 to 4 inches of the ground with a hand shears, lopping shears, hedge trimmer or small chainsaw.

When is the best time to dig and divide ornamental grasses? Spring is the best time to dig and divide ornamental grasses. Wait until new growth appears at the base of the plants in spring. Digging and dividing well established clumps of grass can be quite challenging and may require the assistance of others. After digging up the clump, divide it into sections with a sharp knife, spade or ax. If the central portion of the clump is dead, cut it out and discard it. Divide the outer ring of the clump into sections and replant.

High Tunnels Are Focus of Upcoming Short Course

A high tunnel short course will be held at Reiman Gardens on the Iowa State University campus Nov. 4, from 8:30 a.m. to 3 p.m.

This is the third year for the course, which is designed to highlight production and management of several high tunnel crops, while providing information on economics and marketing aspects of high tunnel crop production.

The course will also provide an update on the status of high tunnel research across the Midwest.

The keynote speaker will be Matt Kleinhenz, associate professor in horticulture and crop science at The Ohio State University, with many years of experience working on vegetable production in high tunnel systems. His work focuses on cultivar selection, crop and soil management and fertility, season extension and improving profitability in high tunnels.

Mike and Melanie Seals, from Country Roads Produce, of Moravia, Iowa, will share experiences from their seven high tunnels, where they grow produce for farmers’ markets.

T.D. Holub, from Garden Oasis Farm, of Independence, Iowa, farms with his wife and they raise vegetables, free-range eggs and pasture-raised chickens on about eight acres. Products are marketed through a CSA, at farmers’ markets in Independence and Iowa City, and to local schools, grocery stores and businesses.

Justin Glisan, Iowa’s state climatologist, will share information about how climate and its impact on specialty crop industry in Iowa.

This event is supported by the United States Department of Agriculture’s North Central SARE Professional Development Program.

The short course aims to:
• Highlight the importance of crop, environment and soil management for vegetable production in high tunnels.
• Provide a platform to share resources, knowledge and expertise in the area of high tunnel vegetable production.
• Connect growers, agricultural educators, extension staff and industry personnel working in high tunnels and in the area of local foods.

The event will be held inside the Garden Room at Reiman Gardens, 1407 S University Blvd, Ames, IA 50011.

Online registration is required and is requested by Oct. 31.
Iowa State University Extension and Outreach has developed a curriculum for educators who want youth to know how agriculture is involved in every day human life. The curriculum was created by ISU Extension and Outreach 4-H youth specialists Amy Powell, department of animal science, and Maya Hayslett, integrated pest management team.

The curriculum “Agriculture Every Day” is offered as a free publication, available for download from the Iowa State University Extension store at https://store.extension.iastate.edu/.

Agriculture Every Day incorporates teaching moments that show youth in grades 4-12 the importance of agriculture. All lessons within the curriculum follow the 4-H Experiential Learning Model and include hands-on, fun and engaging activities. The curriculum features 12 short (20-30 minute), stand-alone lessons, each focusing on a different aspect of agricultural science. Lessons then apply the concepts to everyday life, and show how such concepts may go overlooked. Six of the lessons focus on animal science and six focus on crop science.

“We think that these lessons will be useful for educators looking for short easy lessons about agriculture,” Hayslett said. “Agriculture is an important part of Iowa culture and its economy, but is often not explained in understandable ways. We designed this curriculum for youth to better illustrate how and why agriculture is important to the state, the region and the nation.”

Lessons in the curriculum are meant to be a sampling of different agricultural science topics. Each lesson can be taught on its own or combined with others. Each lesson includes the appropriate target grade level, educational goals, educational standards addressed, materials needed and directions for set-up and implementation of the lesson.

Through program activities, youth will gain awareness of the daily importance of agriculture. Youth will also gain life skills in teamwork, organization and observation. These lessons can help youth who have a limited understanding of agriculture begin to appreciate and gain an interest in agriculture. For youth with a background in agriculture, these lessons can reinforce and illustrate complex topics they might not have understood, as well as broaden the horizons of career opportunities.

Open enrollment for health insurance plans takes place during October, November and December each year. Employer plans, private insurance policies and social programs publish changes to costs and policy coverage.

“It’s important to review your options to determine which policy will best meet your health care needs for the next 12 months,” says Joyce Lash, a human sciences specialist with Iowa State University Extension and Outreach.

“However, many people are so uncomfortable with health insurance policy language and details that they only compare premiums, which might not be the best way to make this important decision,” said Lash, who specializes in family finance.

Lash offered an example: Jamie chose a policy based on the monthly premiums. Shortly after the first of the year, Jamie broke an arm. The policy didn’t include adequate coverage, so Jamie paid premiums as well as out-of-pocket costs totaling $6,000. If Jamie had selected a policy with higher premiums, but better coverage for events like a broken arm, the out-of-pocket costs would have been $3,989.

Smart Choice: Health Insurance Basics and Smart Choice: Health Insurance Actions are two ISU Extension and Outreach classes that make comparing policies and understanding coverage easier. The two classes are free and will be available online in November.

Smart Choice: Health Insurance Basics will meet online, 7-8 p.m., Nov. 6. To receive a login for the class, register by Nov. 4 at http://bit.ly/schi14326. This class will provide an overview of health insurance and cover strategies for selecting a health insurance plan that will meet your health care needs and fit your spending plan.

Smart Choice: Health Insurance Actions will meet online, 7-8 p.m., Nov. 13. To receive a login for the class, register by Nov. 11 at http://bit.ly/schi14328. This class will include tips for:
• using the policy to maximize benefits.
• understanding billing statements.
• resolving errors.
• securing your medical information.
• keeping important documents and health information.

Face-to-face workshops are being held in NW Iowa during November. For more information, contact Jan Monihan, human sciences specialist in family finance, jmonahan@iastate.edu.

Smart ChoiceTM Health Insurance was developed by a team of experts from across the nation led by University of Maryland Extension.
October 21st, 2019

The Laurens City Council met in regular session at the Municipal at 5:00 p.m. on Monday, October 21st, 2019. Mayor Rod Johnson called the meeting to order at 5:00 p.m. Present were Council members, Aaron Christenson, John Jamison, Julie Potter, City Manager Hilary Reed, City Clerk Joan Hoben, Public Works Director Julian Johnsen, and City Attorney Ann Beneke. Councilmembers Jean Swanson and Rich Newgard were absent.

Christenson moved to approve the consent agenda including the minutes from the October 7th, 2019 meeting, and the list of claims. Jamison seconded. All ayes; motion carried.

CLAIMS  10-21-19

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PAYROLL  10/7/2019

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BY FUND

PAID TOTAL 54,605.30
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<td><strong>TOTAL BY FUND</strong></td>
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During councilmember reports, a residential sewer issue was discussed.

Potter moved to adjourn at 5:23 p.m. Jamison seconded. All ayes. Motion carried.

Rod Johnson, Mayor
Hilary Reed, City Clerk

October 23rd, 2019

The Laurens City Council met in special session in the Municipal Building at 12:00 p.m. on Wednesday, October 23rd, 2019. Mayor Rod Johnson called the meeting to order at 12:00 p.m. Present were Council members Jean Swanson, Aaron Christenson, Rich Newgard by phone, John Jamison, and City Manager Hilary Reed.

Jamison moved, seconded by Swanson, to approve the proposed fencing project by Bobalee per Ordinance 04-17. All ayes; motion carried.

Swanson moved to adjourn at 12:03 p.m. Jamison seconded. All ayes. Motion carried.

Rod Johnson, Mayor
Hilary Reed, City Clerk