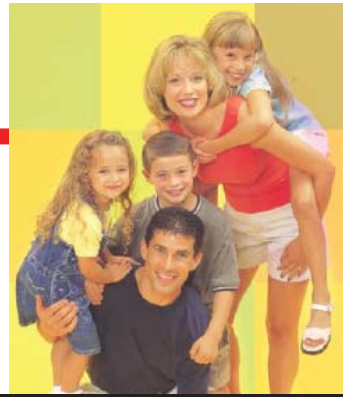


# The Paper

*Our Town, Our Paper!*



*Laurens, Iowa*



*Vol. 9 No. 20*

[www.thepapernow.com](http://www.thepapernow.com)

*September 2, 2015*

## Local News

### Stewart Wins at Recent Crossfit Competition

The 2015 MAT Games were held at Hy-Vee Hall in downtown Des Moines this past weekend Friday, Saturday and Sunday, August 28-30. The MAT Games is a 3-day CrossFit competition, with individual athletes in divisions including Scaled, Masters, RX and Elite.

Laurens native Jacquelyn (Schmidt) Stewart took first place in the Womens RX division. Jacquelyn is a member of CrossFit Waukee.

Jacquelyn is a 2005 L-M graduate and is the daughter of Mick Schmidt of Laurens and Debbie Schmidt of Spirit Lake. Jacquelyn is married to Devin Stewart, also a Laurens native and L-M grad.

*Way to go, Jacquelyn!*



#### Event Results

Men Elite   Men Rx   Men Scaled   Men Masters   Women Elite   Women Rx   Women Scaled

Women Masters

#### Women Rx

Name	Place	Points	WOD 1	WOD 2	WOD 3.1	WOD 3.2	WOD 4	WOD 5.1	WOD 5.2
Jacquelyn Stewart <i>CrossFit Waukee</i>	1	13	2 00:04:48	1 168.9	1 00:04:15	2 92	5 00:04:42	1 185	1 00:03:48
Morgan Forbes <i>CrossFit West Ames</i>	2	17	1 00:04:39	2 168.6	3 00:04:27	3 79	2 00:04:06	4 165	2 00:04:11
Sarah Chellew <i>CrossFit Hiddengym</i>	3	37	9 00:05:25	3 167.4	8 00:05:05	6 63	4 00:04:41	3 170	4 00:04:47
Dani Davis <i>CrossFit 8035</i>	4	45	4 00:05:00	5 146.5	5 00:04:55	10 53	7 00:04:53	8 150	6 00:05:15
Megan Recker <i>CF Waukee</i>	5	46	6 00:05:08	10 125.5	1 00:04:15	1 96	13 00:05:58	8 150	7 00:05:36
Lynelle Maro <i>CrossFit Primal</i>	5	46	3 00:04:55	8 125.6	6 00:04:58	9 54	7 00:04:53	8 150	5 00:05:13
Kate Ledyard	7	52	10 00:05:28	7 146.1	4 00:04:40	4 71	5 00:04:42	13 135	9 00:06:04
Krista Headlee <i>CrossFit Primal</i>	8	68	24 00:05:51	10 125.5	13 00:05:26	11 52	1 00:04:03	6 155	3 00:04:32

## *Area Dentists Meet to Welcome New Dentists*

A group of area dentists met on Wednesday, August 26 at the Laurens Country Club to welcome Dr. Jena Hopkins and Dr. Victoria Rittgers to Pocahontas County! We are pleased to have two new dentists in our district.

Dr. Jena Hopkins is working with Dr. Bieri and Dr. Christensen in Laurens & Spirit Lake. Dr. Victoria Rittgers is working with Dr. Dan Wernimont in Pocahontas.



217 W. Veterans Road | Laurens, IA 50554  
(712) 841-4585 | [www.jhdesignstudioia.com](http://www.jhdesignstudioia.com)  
Jan Hersom, Owner | [jhdesign@longlines.com](mailto:jhdesign@longlines.com)

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## Winemaking 101 Class

Winemaking 101 class will be held at Iowa Central East Campus, Bldg. 3, 2031 Quail Avenue, Fort Dodge from 6- 9 p.m. on September 24, October 1 and October 8, 2015. Tuition - \$79.

A little education can turn a casual hobby into a truly rewarding one. Experience the fine art of wine making as we take you through the step-by-step procedure.

In three sessions we will cover the winemaking process, equipment, sanitation, basic chemicals, critical tests and terminology. We will discuss wine style, yeast selection, demonstrate pH testing, acid testing, and sugar testing for primary fermentation. We will expand on malolactic fermentation, chemical, additives, enzymes, clarifying, cleaning and sanitizing, to the aging and bottling stage. We will then finish with how to taste and analyze finished wine. To register call: 515-574-1293.

## Sentimental Swing Dance

Tom Steinkoenig's "Sentimental Swing" Band will perform a dance/concert at Rides Bar & Grill, 723 South 31st St., Fort Dodge on Friday, September 25 from 7-10 p.m. This is sponsored by Iowa Central Community College. Admission charge is \$10 per person.

Sentimental Swing is a dance band playing music from the big band era including swing, foxtrots, waltzes and polkas. Also, open to the public for singles and couples. Call 515-574-1292 with questions.

## SHOW YOUR CYCLONE SPIRIT!



Put on your Iowa State gear and stop by the ISU Extension and Outreach Pocahontas County office for an ISU Tailgate Party!

Grilled Hot Dogs and Chips

**Friday, September 18, 2015**

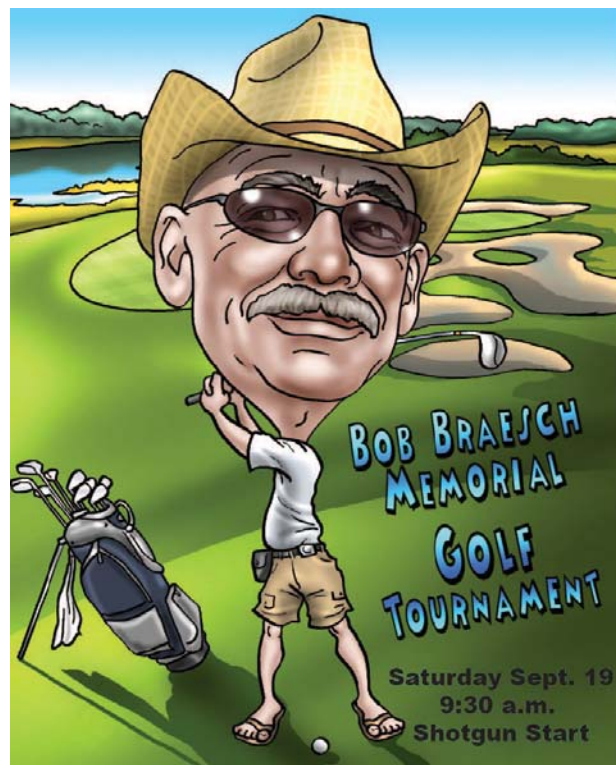
11:30 a.m. – 1:00 p.m.

305 North Main St., Pocahontas | 712-335-3103

[www.extension.iastate.edu/pocahontas](http://www.extension.iastate.edu/pocahontas)

Extension programs are available to all without regard to race, color, national origin, religion, sex, age, or disability.

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**4-Person Best Shot  
18-Hole Tournament  
Chili Bowl  
Laurens Golf & Country Club**  
**Prizes Awarded  
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includes meal**

**Open to the Public  
Sign up at the Clubhouse  
or  
Call 712-841-2287**

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*The second annual pet swim was held on Saturday, August 22nd during the last hour the pool was open for the 2015 season.*

*Erin Olson is in the water ready for her dog Jenny to make her first SPLASH into the pool. See more pictures on the Laurens Pool Project facebook page.*



**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](http://www.laurens-ia.com)**

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*Live Music!*

## SILVER DOLLAR SALOON

135 N 3rd St, Laurens, IA 50554  
(712) 841-6986

Wednesday, September 9 Lunch Special

Ranch Chicken Breast, Mashed potatoes & gravy  
and corn

Every Thursday night 5 -8 p.m.

Personal pizzas made fresh--select your toppings!



Laurens 712-841-4930

Spirit Lake 712-336-9111

Toll Free 877-849-1756

Special for Friday  
night, August 28<sup>st</sup>

Honey mustard  
chicken dinner

Serving begins  
at 5 p.m.

Come out and enjoy  
supper with us!



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high? Are you trees  
hanging too low!?  
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it for you!  
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(712) 845-2239.



**Production Welding & Industrial Maintenance**

*Registration is September 21-22  
from 10:00 am-3:00 pm  
Iowa Central Community College  
Campus in Storm Lake  
Call 515-574-1973 for more details  
Classes offered in Storm Lake • Programs start October 26, 2015*

• All Materials provided • Tuition assistance available (based in income eligibility) • LIMITED SPACE AVAILABLE •

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## Laurens Area Youth Group "KICK OFF" Sunday!

September 13th

6:00 p.m. - 8:00 p.m.

at the First Christian Church

Open to ALL 6th-12th graders in the  
Laurens-Marathon communities

Come enjoy pizza & a movie!



## *Fonda Arts Center - "Kickin' Country Music into Overdrive"*

When Roger Peer of Victor Records went from New York to Bristol, Tennessee, in the 1920s, with the intention of recording local musicians, the mold was broken and country music was born; no longer was New York the "must-go-to place" for anyone wishing to record his music. Two local acts signed contracts: the Carter family with its traditional mountain music and Jimmie Rodgers with his signature ballads and yodeling.

Jimmie Rodgers went on to be recognized as the Father of Country Music with his "Blue Yodel" selling over a million records. In 1970, the Carter family was elected to the Country Music Hall of Fame, having been nicknamed "the First Family of Country Music" and later into the Grammy Hall of Fame. Maybelle Carter's unique style of plucking the strings of the guitar with her thumb and two fingers to maintain both the bass and the melody lines elevated the guitar into a lead or solo instrument among musicians.

At a time when the country seemed to be rushing into an unknown future, and "country music" would seem to have been linked with a vanishing rural past, these songs of history, family, heartbreak and hope, were kept alive and flourished through the works of Kitty Wells, Ernest Tubb, Hank Williams, Chet Atkins, and a long list of artists so familiar to Country Music fans.

And so, with this bit of history in mind, you are invited to the Fonda Arts Center's Second Sunday program, "Kickin' Country Music into Overdrive", beginning at 2:00

p.m. Local musicians, Larry Heschke, Randy and Gloria Mobley, Larry and Sallie Tamm, Randy and Marilyn Schmitt, and Sherry Gustafson will be joined by Chad Mobley of Albert City, bringing you an afternoon of country music favorites. All this at the Fonda Arts Center, on the northwest corner of Fourth and Main Streets, 2:00 p.m. on Sunday, September 13th. The Arts Center is handicapped accessible; everyone is welcome. As always, free admission, free refreshments!

## *For Sale*

**BUILDING FOR SALE!!** Are you looking for a store front on main street Laurens for your business? Well, don't miss out on this opportunity to get your business right downtown. This space can be used for any type of business from retail to office space. If interested and want to negotiate please give me a call 712-358-3061 and ask for Charity. **Click here to take a look inside!**



**House for Sale at 110 W Myrtle St, Laurens.** This is a 2 story home with apartment with separate entrance. Double garage on a corner lot. Asking \$7,000. Call: (712) 450-4776.

## **EMPLOYMENT OPPORTUNITY**



The City of Laurens, Iowa is now hiring for the position of **Police Officer**. Prospective candidates must be able to meet all requirements prescribed by the Iowa Law Enforcement Academy and the City of Laurens. City conducts a Physical Agility Test, Post-Test, and pre-employment drug screen and physical. Applicants may contact the Police Chief for more information. Resumes must be received by September 25<sup>th</sup> 2015. Starting salary based on experience and qualifications. Residency required. Please send resume and cover letter to the Laurens Police Department at the address below.

Police Chief Chris Toner  
Laurens Police Department  
272 North 3rd Street Laurens, IA 50554  
Phone: 712-841-4414  
Fax: 712-841-6287  
Email: 7630@laurens-ia.com

## *Help Wanted*

**Kids Korner is hiring for a part time and substitute positions.** Must be 16 to apply. Pick up your application today at Kids Korner!

## *Services Held for Buela Kendall*

Buela Mae "Be" Kendall, 88, of Glenwood Place in Marshalltown, former longtime resident of Laurens, Iowa, passed away peacefully at her home while in the care of her loving family and Iowa River Hospice, as well as the staff of Glenwood Place, early on the morning of Saturday, August 29th.

A funeral mass was celebrated at 11 a.m. Wednesday, September 2nd, at the Sacred Heart Catholic Church in Laurens with Fr. Francis as celebrant. She was laid to rest in the Calvary Cemetery at Laurens. There will be no visitation. Memorials may be directed to the Children's Miracle Network. Mitchell Family Funeral Home was in charge of arrangements.

Born Buela Mae Madsen on January 2nd, 1927, at Fonda, Iowa, she was the daughter of H. Chris and Elsie (Nelson) Madsen. She received her education in the area of her birth and graduated from the Fonda High School with the Class of 1944. She later attended Morningside College and graduated from Buena Vista College.

On June 2nd, 1947, she was united in marriage to Daniel Webster Kendall. She taught first grade school



at a country school near Fonda, first grade at Palmer, Iowa and Laurens, Iowa from 1959 until her retirement in 1988. 9 ½ years ago, she moved to Marshalltown to be near her daughter, Pam.

Buela enjoyed golfing, playing cards and games of chance. The achievements of her many students brought her great pride and joy.

Buela is survived by daughter, Pam (Pat) Gulbranson of Marshalltown, IA; sons David (Connie) Kendall of Iowa City, IA and Greg (Judy) Kendall of Sioux Falls, SD; six grandchildren:

Jason (Natalie) Gulbranson, Jared (Lindsay) Gulbranson, Cory (Heather) Kendall, Kara (Matt) Fort, Christofer (Kathryn) Kendall, and Maggie (Nathan) Blaylock, great-grandchildren: Cadence Suzanne Gulbranson, Owen Jason Gulbranson, Nora Ruth Gulbranson, Hannah Lynn Kendall, Alexander David Kendall, Mayzie Faith Fort, Kaitlyn Marie Kendall, Daniel Christofer Kendall, Madelyn Mae Kendall, Jax Michael Blaylock, and Kendall Rae Blaylock.

She was preceded in death by her husband Daniel W. Kendall in 1999, her parents, sister, Mauricine Bass, and brother, Melvin Madsen.

Be's family would also like to thank the staff at Glenwood Place for the love and care shown to her these last nine years.

## *Bridal Shower to Honor Amber Sandvig*

Please join us for a come and go Bridal Shower for Amber Sandvig, bride elect of Eric Japenga on Saturday, September 12, 2015 from 9 -11 a.m. at the Bethany Lutheran Church, 213 S Harrison St., Laurens. The couple is registered Heart 'N Home in Laurens and Target.

## *Bridal Shower*

Melissa Agan and Shawna Fulkreth are hosting a bridal shower for Miranda Agan, daughter of Karen and Gary Agan of Laurens. Miranda is the soon to be bride of Ryan Smith, son of Chad and Beth Smith of Webb.

The bridal shower will be held on Saturday, September 12th from 3-6 p.m. at West Iowa Bank in Laurens.

She is registered at Amazon, Target and Walmart. Cards are also welcome.



*At the Library  
with Glenda Mulder  
September 3, 2015*

Goodness, it's September! That means this year is 2/3 over! And it actually has felt a bit like Fall a few days, especially those early mornings. The first Monday of September also means Labor Day, so of course, the Library will be closed for 3 days. Stop in early to be sure you don't run out of your favorite books and DVDs during your long weekend.

September also means we will be getting into the swing of the school year and that different schedule. I'll be checking with the elementary teachers to see when they can fit Library visits into their schedules. I also still get to do monthly book talks for the middle schoolers. But one of the things we look forward to the most is restarting our Tot Times. They will again be Monday mornings at 10 a.m. starting September 14th!

Our monthly card making class will again be the 4th Tuesday of the month - starting September 22nd. I haven't heard what the theme this month is, I'll have to get back to you on that!

Book Club will be reading *Sacred Acre: the Ed Thomas Story*

by Mark Tabb. Here's a great synopsis from GoodReads: "On a Sunday in May 2008, an F-5 tornado struck the town of Parkersburg, Iowa, killing eight people and destroying 250 homes and businesses within 34 seconds. The next day, Parkersburg's beloved football coach, Ed Thomas, made a stunning prediction: 'God willing, we will play our first home game here on this field this season.' One hundred days later, the home team scored a victory on the field they dubbed 'The Sacred Acre,' serving as a galvanizing point for the town to band together and rebuild. But just as Parkersburg was recovering, another devastating tragedy struck. While working with a group of football and volleyball players early one morning, one of Ed's former students walked in and gunned him down point blank. Ed Thomas was 58. The murder of this hometown hero spread across national news headlines. Ed's community and family reeled from shock. Yet the story doesn't end here. What happened next proves that even a double tragedy is no match for faith, love ... and the power of forgiveness." Since this story is rooted in Iowa, we felt it would be a good read for our Book Club. Join our discussion

September 28th.


Just one new DVD this week, it's *Aloha*. New in nonfiction we received *Stalin's Daughter* by Rosemary Sullivan and *Avenue of Spies* by Alex Kershaw. New novels include: *Wildest Dreams* by Robyn Carr, *X* (Really? She couldn't come up with a better title than X?) by Sue Grafton, *The Candy Corn Murder* by Leslie Meier, *Point Blank* by Fern Michaels and *Starlight on Willow Lake* by Susan Wiggs

**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

*Submit . . .*

Submit. . . 100% of The Paper's articles are submitted by you - The Reader!! Take a minute to send us your news and photos too! **It's fun and it's FREE!**



## September News for Albert City Public Library

*And the Good News Is...Lessons and Advice from the Bright Side* is a new book by Dana Perino, former White House Secretary. Often surprising, this book takes us through Perino's life in politics and television. It is serious and humorous, modest and moving. *Getting Real* by Gretchen Carlson—from virtuoso to Miss America to television star...what a fascinating life! These are just a couple of the new nonfiction books coming in September for your reading pleasure. Other nonfiction includes: *Hitler's Last Days* by Bill O'Reilly, *The Good, the Bad, and the Grace of God: what honesty and pain taught us about faith, family and forgiveness* by Jep and Jessica Robertson of the Duck Dynasty Clan, and *Lessons from Tara* by David Rosenfelt with life advice from the World's Most Brilliant Dog. *Max on Life* has answers and insights to your most important questions from New York Times Best Selling Author- Max Lucado.

We have many of the USA TODAY Best -Selling Books list for adult fiction: *Alert* by James Patterson, *To Kill A Mockingbird* and *Go Set a Watchman* by Harper Lee, *The Girl on the Train* by Paula Hawkins, *All the Light We Cannot See* by Anthony Doerr, *Mean Streak* by Sandra Brown, *Code of Conduct* by Brad Thor, *The Nightingale* by Kristin Hannah, *Dark Places* by Gillian Flynn, *Luckiest Girl Alive* by Jessica Knoll, *Never Die Alone* by Lisa Jackson, *Circling the Sun* by Paula McLain, *The English Spy* by

*Our Town Our Paper!*

Daniel Silva, and *Silver Linings* by Debbie Macomber plus many, many more for your reading enjoyment.

*Finding Audrey* by Sophie Kinsella and *Off the Page* by Jodi Picoult are the new Young Adult offerings. Kids will enjoy *Prince Fly Guy* by Tedd Arnold, *Going Places* by Paul Reynolds, *Everybody Sleeps (But Not Fred)* by Josh Schneider, *If You Ever Want to Bring an Alligator to School, Don't* by Elise Parsley and *Peanut Butter & Cupcake* by Terry Border.

Movies for September are: *Little Boy* with Jakob Salvati, *I'll See You In My Dreams* with Brett Haley, *Where Hope Grows* starring Danica McKellar, Val Kilmer in *Tom Sawyer & Huckleberry Finn*, *Nothing in Common* and *That Thing You Do!* featuring Tom Hanks, *Far From the Madding Crowd*, *Do You Believe?*, *True Story* and *Old Fashioned*.

The Library will be having its annual BEC Frozen Foods Fundraiser starting in mid October. So be looking forward to those wonderful pies, cinnamon rolls, cut-out cookies, donuts and more...just in time for your Holidays. Let us help you with your baking needs this year.

Fun with Paint—Art Night will be gearing up again this fall on most Thursday nights from 7-9 p.m. Think you can't paint? Think again....it is so much fun and is a stress relief! Canvases are \$10 each, otherwise paint night is a mere \$5. Need ideas for something to paint? Check out Pinterest! Come, join the fun! Call ahead to see if art night is on at 843-2012.

We are installing two benches, outside the library, in honor of Karen Hyde and

Roberta Scantling with name plaques attached. The family of Karen is generously providing a bench for their mother. We thank them immensely! We are still taking memorial money to cover the cost of Roberta's bench. If you would like to contribute to the memorial, funds are accepted at the library or send your check to the Albert City Public Library, 215 Main St, P.O. Box 368, Albert City, Iowa 50510.

The library has recently acquired an AWE- an early childhood literary station for children ages 2-8. The Early Literary Station is a dynamic all in one digital learning solution for early learners. It features 65 top-rated educational software programs. AWE's content suite covers all curricular areas including math, language arts, writing, science, geography, social studies, computer skills, music and art and features an unmatched lineup of kid-approved, education certified staples correlated to Common Core and State Standards. Come in and check out this newest acquisition to our library! Your kids will love it!



*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, Sept. 3  
2:00 p.m. - CWF

Friday, Sept. 4  
7:00 p.m. - AA

Sunday, Sept. 6  
9:30 a.m. - Worship (Wear your work clothes to church)  
4:00 p.m. - Service at the Laurens Care Center - Elder Keith Hoffman



*Biggest Little Paper In Town!*

*This Week at Laurens United Methodist Church*

Wed., Sept. 2nd:  
Pastor Jim out of the office  
UMW Executive Board meeting @ 7 p.m.

Thurs., Sept. 3rd:  
Pastor Jim out of the office  
UMW General meeting @ 9:30 a.m.  
Basic Christianity Bible Study @ 7 p.m.(linda Lingo)

Fri., Sept. 4th:  
Men's Bible Study @ 7 a.m.  
Deadline to submit photos for directory

Sat., Sept. 5th:  
Funeral Services for June Hopkins held here @ 2 p.m. with visitation @ 1 p.m.

Sun., Sept. 6th:  
Fall Worship Schedule begins  
Fellowship @ 9:30 a.m.  
Worship @ 10:30 a.m.  
"Wear Your Work Clothes to Church Sunday"  
Holy Communion

Mon., Sept. 7th:  
Labor Day  
Church office closed  
Quilt Club @ 7 p.m.



*This Week at Bethany Lutheran*

Sunday: September 6, 2015  
9:00 AM - Worship  
10:00 AM - Coffee Fellowship

Tuesday: September 8, 2015  
10:00 AM - Coffee w/Pastor  
5:00 PM - W/M Mtg.  
7:00 PM - Hand Bell Rehearsal

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



*Sacred Heart Church Laurens*

Weekday Mass : Friday, 8:00 AM  
Weekend Mass: Sunday 8:30 AM (July - October)

Cluster Parishes  
St. Joseph Catholic Church, Sioux Rapids  
Weekday Mass: (Monday&Wednesday) - 8:00 AM  
Weekend Mass: Saturday - 5:00 PM (July - October)

St. Louis Catholic Church, Royal  
Weekday Mass: (Tuesday & Thursday) - 8:00 AM  
Weekend Mass: Sunday - 10:30 AM (July-October)





## *ISU Extension and Outreach Offers Food Safety Training*

Iowa State University Extension and Outreach- Pocahontas County is offering a food safety training for food service managers Thursday, Sept. 10, 2015 at the ISU Extension and Outreach Office in Pocahontas.

“Certification in ServSafe meets the new 2014 Iowa Food Code requirements to have a certified food protection manager in all establishments,” said Katie Knobbe, class instructor and ISU Extension and Outreach Nutrition and Wellness Specialist. “We live in a time when food safety hazards and risks are prevalent. Serving safe food is mandatory. This eight-hour program aims to train food service professionals about food safety requirements and best practices to meet them.”

According to Knobbe, the program is based on the National Restaurant Association’s ServSafetm certification program and the Iowa Food Code. The class is beneficial for foodservice managers from all areas such as schools, restaurants, convenience stores, child care, senior meal sites and health care. Participants will receive a copy of the ServSafetm Manager training manual and will take the ServSafetm certification exam.

For more information about the program, contact ISU Extension and Outreach- Pocahontas County at 712-335-3103 or hfrerk@iastate.edu.

*Our Town Our Paper!*

## *The Women, Land, and Legacy Learning Session was held August 12th*

Women, Land, and Legacy is a group for ladies that are involved in agriculture. The goal is to develop a local network of agricultural women in both Buena Vista and Pocahontas Counties who will decide what programs, projects, and information they need to assist them in their farming and conservation decisions.

On August 12, 2015 the first learning session was held at West Iowa Bank in Laurens, IA. There were 12 attendees who attended the discussion on farm leases. Participants had the opportunity to listen and ask questions to a panel that consisted of Rex Wilcox, Farm Manager with Stalcup Ag, Storm Lake, Edean Murray, Attorney with Murray & Murray PLC, Storm Lake, and Ed Cox with Orsborn, Milani, Mitchell, and Goedken LLP Law Firm in Centerville, IA.

The next learning session will be November 19th at 10:30am at United Methodist Church in Storm Lake. Sarah Carlson, Practical Farmers of Iowa will be the speaker about soil health. Lunch will follow the learning session!



## *Yard and Garden: Getting the Most Out of Your Grape Crop*

Grapes are a delicious and nutritious part of any garden, but there are variables involved when properly harvesting and storing them.

Here are some tips from Iowa State University Extension and Outreach horticulturists on how to get the most out of your grape harvest. To have additional questions answered, contact the ISU Hortline at 515-294-3108 or hortline@iastate.edu.

**When should I harvest grapes?** Grapes must be harvested at the right stage of maturity to insure high quality. There are several indicators of grape maturity. The color, size, sweetness and flavor of the berry are the most useful indicators.

Depending on the cultivar, the berry color changes from green to blue, red or white as the grapes approach maturity. Color alone, however, should not be the sole basis for harvesting grapes. The berries of many cultivars change color long before the grapes are fully ripe. At maturity, individual berries are full size and slightly less

firm to the touch. As a final test, taste a few grapes for sweetness when berry size and color indicate they are approaching maturity. Harvest the grape clusters when the berries are sweet.

When harvesting grapes, remove clusters with a knife or hand shears.

**How can I store grapes?** Sound grapes can be stored in perforated plastic bags in the refrigerator for up to two months. Optimum storage conditions are a temperature of 31 to 32 degrees Fahrenheit and a relative humidity of 85 percent.

**The berries in my grape cluster did not ripen evenly. Why?** Several factors could be responsible for the uneven ripening of the berries within a cluster. Possible causes are over-cropping (too many grape clusters on the vine), a potassium deficiency, moisture stress or 2,4-D damage.

Over-cropping is the most common cause of uneven ripening for home gardeners. An average grapevine may have 200 to 300 buds that are capable of producing fruit. If grapevines are not

pruned properly in late winter, the number of fruit clusters may be excessive. The vine is unable to ripen the large crop properly, resulting in uneven ripening of the berries within the clusters. In Iowa, 60 is the maximum number of buds that should remain on a grapevine after pruning.

Grapevines require one inch of water per week, either from rain or irrigation, for good growth and crop production. Irrigate plants weekly during hot, dry weather.

Avoid spraying 2,4-D or other broadleaf herbicides to the lawn in spring or summer. Fall applications provide the best broadleaf weed control and should not adversely affect the grape crop.



## *Iowa Families Save Money and Eat Right with Spend Smart. Eat Smart.*

*Spend Smart. Eat Smart. blog and website provide food and nutrition help for families.*

Eating healthy on a tight budget can seem like a tough thing to do. However, the “Spend Smart. Eat Smart.” website and blog offered through Iowa State University’s Human Sciences

Extension and Outreach provide nutrition suggestions, meal planning and grocery shopping tips.

‘Spend Smart. Eat Smart.’ is a website and blog designed to help families with low resources make the most out of the funds that they have and eat as well as possible on a tight grocery budget,” said Christine Hradek, ISU Extension and Outreach’s coordinator for the Expanded Food and Nutrition Education Program, and the Family

Nutrition Program. “We want to counter the idea that in order to eat healthy you have to spend a lot of money on food.”

“Spend Smart. Eat Smart.” is centered on the themes of smart shopping, meal planning, cooking and reducing waste. The blog also addresses current trends in food and nutrition. The website provides short, educational videos from how to prepare recipes to

how to plan meals, as well as a calculator that estimates what a family should spend on food and tips on how to reduce food spending.

This website started as a way to keep in touch with families who have gone through ISU Extension and Outreach’s direct food and nutrition education programs to keep good quality, research-based information coming to them after they have finished the program, explains Hradek. Now, “Spend Smart. Eat Smart.” reaches families and people from all over the nation.

All information found on the “Spend Smart. Eat Smart.” website and blog comes directly

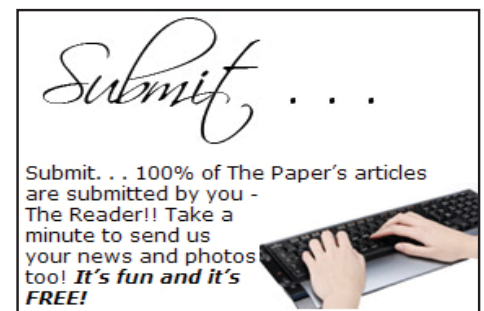
from Iowa State and other trusted partners like the USDA and special nutritional guest bloggers.

“We have a lot of experts at ISU Extension and Outreach with so much to share on these topics,” said Hradek. “We are providing information to better all Iowans.”

Keeping in mind families with busy lifestyles, “Spend Smart. Eat Smart.” provides practical, easy steps that can get families started on the path to better nutrition. “We focus on what can be done today,” said Hradek. “not what will take a year to accomplish.”

“The overall benefit of this website and blog to Iowans is that families feel more in control of their choices and are well informed to make the choice that is best for their family,” said Hradek.

For more information on “Spend Smart. Eat Smart.” go to [www.extension.iastate.edu/foodsavings/](http://www.extension.iastate.edu/foodsavings/).





## Grain Drying Research Guides Farmers in Harvest and Winter Storage Plans

Energy study measures propane and electricity use for drying grain

As harvest approaches, propane is a key ingredient for

anyone using a high-temperature system to dry corn. A case study conducted by Mark Hanna, agricultural and biosystems engineering specialist for Iowa State University Extension and Outreach, can help farmers as they plan for harvest and winter storage.

“Considering that propane makes up such a large proportion of the energy needed for drying, farmers may want to compare their own propane consumption to the measurements from the case study,” Hanna said.

The case study results are featured in an updated publication

from ISU Extension and Outreach. “Energy Consumption during Grain Drying” (PM 3063C) is available for download from the ISU Extension and Outreach Online Store, [www.extension.iastate.edu/store](http://www.extension.iastate.edu/store).

Data from the two-year case study indicate that, on average, high temperature bin drying on Iowa farms uses approximately 0.019 gallons of propane per point of moisture removed per bushel of corn. In this study, propane measurements ranged from 0.015 to 0.022 gallons of propane per point per bushel.

“This case study provides benchmark information to help farmers estimate the propane needed for fall drying,” Hanna said. “For one 80-acre field of corn, those savings can add up to hundreds or even thousands of dollars.”

For example, incoming corn at 23 percent moisture content required approximately 150 gallons of propane per 1,000 bushels of corn to dry down to 15 percent moisture content. However, incoming corn at 18 percent moisture content required only 75 gallons of propane to dry the same amount of corn down to 15 percent.

Led by Hanna, three Iowa State farm trials were instrumental in measuring the propane and

electricity used for grain drying during the 2013 and 2014 harvest seasons. The participating ISU Research and Demonstration farms included the Northeast farm near Nashua and the Armstrong Memorial farm near Lewis, as well as the Ag 450 teaching farm near Ames. Additional support for this project was provided by a grant from the Iowa Energy Center.

For more information about farm energy efficiency research and outreach, visit <http://farmenergy.exnet.iastate.edu> or follow @ISU\_Farm\_Energy on Twitter.

The Farm Energy publications are part of a series of farm energy efficiency resources developed by ISU Farm Energy. This outreach effort aims to help farmers and utility providers to improve on-farm energy management and to increase profitability in a rapidly changing energy environment.



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September 2015

Laurens-Marathon CSD

BREAKFAST



**Nutrition Tip:** Whole grains are most frequently consumed at breakfast. Ready-to-eat cereals are the #1 source of whole grain among children aged two to 18 years.  
Reference: IFIC, Review of Breakfast and Health, 2008.

Monday

Tuesday

Wednesday

Thursday

Friday



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3

4

Cereal Muffin Peaches Milk

Waffle Stix Banana/ Strawberries Milk

Pancake Bites Mandarin Oranges Milk

No School

7

No School

8

Cereal Toast Apple Juice Milk

9

Mini Pancakes Orange Juice Applesauce Milk

10

Scrambled Eggs Pop tart W/G Pineapple Milk

11

Labor Day!

Breakfast Pizza Orange Wedges Milk

14

Biscuits & Gravy Grape Juice Milk

15

Cereal Ring Donut Grapes Milk

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Egg Pattie Donut Peaches Milk

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Cheese Omelet Cereal Pears Milk

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Breakfast Wrap Yogurt Apple Juice Milk

21

Combo Link, WG Bun Fruit Cocktail Milk

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Cereal Muffin Pears Milk

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French Toast Sticks Strawberries Lil' smokies Milk

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Cereal Donut Peaches Milk

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Breakfast Pizza Mandarin Oranges Milk

28

Pancake Stix Applesauce Milk

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No School

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September 2015

Laurens-Marathon CSD

LUNCH



Milk Included with all Meals



**Nutrition Tip:** The 2010 Dietary Guidelines for Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily.

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