

# The Paper

Our Town, Our Paper!



Laurens, Iowa



Vol. 14 No. 3

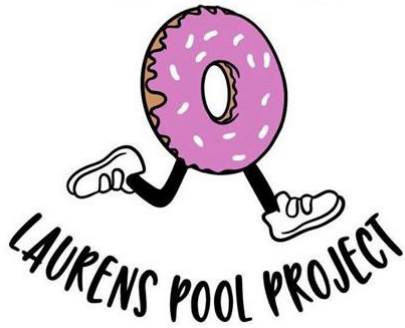
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July 1, 2020

## Local News

### Laurens Pool Project Fundraiser!

I DONUT RUN,  
BUT I SUPPORT THE



The Laurens Pool Project has the perfect fundraising "event" for 2020! It's a Donut Run! (Because face it, there are lots of us who DoNot Run!)

This is the perfect combo of 3 things a lot of us love:

1. Donuts
2. Laurens Pool Project
3. Not Running

William and Wesley came up with this cool graphic for our t-shirts. So sign up now to support the Pool Project and pick up your t-shirt at the celebration on July 10 or at the library

the next week. No running required! Will you join us? :-)) Get your shirt ordered by July 7 and support the Laurens Pool Project!

### 2020 Pocahontas County Fair

The Pocahontas County Fair will be held July 16-18, 2020 with modified events and schedule.

There will be no open class events this year. There will be no meals or food stand available. The buildings will be closed to the public. 4-H Static exhibits will be judged on Tuesday, July 14. Families will need to follow a schedule that will be shared closer to fair. Static exhibits will not be displayed at the fair. Livestock shows will be held with limited audience, social distancing and face masks are highly recommended. All livestock shows will be livestreamed for those that would rather not attend but want to support our 4-H and FFA members.

We look forward to showcasing the projects our 4-H and FFA members have been working on throughout the year and with EVERYONE being responsible and respectful, we hope to have a successful 2020 Pocahontas County Fair.

**QUESTIONS ABOUT COVID-19?**  
Call the COVID-19 Hotline  
IDPH IOWA Department of PUBLIC HEALTH  
DIAL 2-1-1

**I DONUT RUN,  
BUT I SUPPORT THE**



## Laurens Pool Project T-shirt Fundraiser

**\$40 per shirt**

You'll get an awesome shirt  
and an awesome donation  
to the new pool project!

NAME: \_\_\_\_\_  
EMAIL: \_\_\_\_\_  
PHONE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

T-SHIRT QUANTITY: \_\_\_\_\_  
ADULT T-SHIRT SIZE(S):  
S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

Order forms will be collected at City Hall or Laurens Public Library

Checks made payable to:  
City of Laurens Pool Project  
272 N. 3rd St. Laurens, IA 50554

Shirts may be picked up  
Friday, July 10th  
during Fun in Park at Sportsman's Park

## Letter to the Editor:

April was Sexual Assault Awareness Month (SAAM) which calls attention to the fact that sexual violence is widespread and impacts every person in this community. However, with the Covid-19 running rampant, we had to skip the activities Centers Against Abuse & Sexual Assault (CAASA) normally plan each year.

The goal of SAAM is to raise public awareness and education about sexual violence, and educate communities on how to prevent it. Statistics show that sexual violence has fallen by more than 50 percent since 1993. This is due to people who are willing to have the tough conversations regarding this topic; however, we still have a long way to go in prevention. Every 73 seconds (it was 98 seconds) another American is sexually assaulted. Of victims under the age of 18: 34% of victims of sexual assault and rape are under age 12, and 66% of victims of sexual assault and rape are age 12-17. Rape, sexual assault, and sexual harassment harm our community. Statistics show one in six American women and 1 in 33 of American men have experienced an attempted or completed rape at some point in their lives, with over 80% of these victims knowing their perpetrators.

Another goal for SAAM is to raise funds for our agency to help survivors when all other avenues have been exhausted. This year, that was not possible. However, since we have not been able to organize our fundraisers, we are asking if you would think of us with donations. Our families are always in need of paper products – toilet paper, diapers, paper towels or Kleenex, as well as gift cards. Some ideas of gift cards would be gas cards to go to appointments, grocery store gift cards or cash, to get fresh food or cleaning products for our families. Due to lack of storage space, we are unable to accept used clothing donations. We do accept new items such as sweat pants, t-shirts, sports bras, underwear and boxers, and socks to provide to survivors at the hospital, as their clothing is collected as evidence.

The CAASA staff has been following CDC guidelines and have all been providing much advocacy remotely; however, staff are available to respond in person for emergencies. Advocates are still responding to hospitals, police stations, etc. if their particular guidelines allow us to come and meet with the victim. If we are unable to meet in person, then we set up other ways of contact, that includes: calling, texting, zoom or face time.

We all have a role to play in preventing sexual violence in our community. Our actions, big and small, have a ripple effect on those we teach, guide, and influence. From modeling healthy behavior to addressing inappropriate conduct, everyone can make a difference. Changing beliefs, which contribute to sexual violence, starts with believing survivors of sexual violence when they share their stories. You can help by calling out victim-blaming comments or rape jokes, if you hear them or you see them online. Remind those around you that sexual assault is never the victim's fault. Seemingly small actions like this make a critical impact.

**ABOUT CAASA (Centers Against Abuse and Sexual Assault)** CAASA is a non-profit organization that provides Free and Confidential services for all sexual abuse victims and their families in the 19 counties of Northwest Iowa. CAASA advocates offer victims information about the different options available to them and support victims' decision-making. Advocates do not tell victims what to do as they want them to gain back control of their life. Advocates are committed to maintaining the highest possible levels of confidentiality in their communications with victims. Advocates goal is to help victims' process what they survived, provide the tools to help each victim heal in their own journey, and also support the victim/survivor's family thru this healing process. CAASA provides a variety of services, including, but not limited to, crisis counseling, emotional support, safety planning, medical and legal advocacy, community referrals, educational presentations, and support groups. If you are looking for someone to present to your staff, church group, or anyone you feel is looking for more information on sexual assault, human trafficking or unwanted touches – we would love to come meet with you.

We also have volunteer opportunities, if you are interested in some leadership opportunities. We are looking for some board members in our 19 county region. We would love to have you join us. Check us out on Facebook or our website at [www.caasaonline.org](http://www.caasaonline.org). We have a 24/7 Hopeline (1-877-362-4612) that is answered by trained staff. If you are interested in being a board member, donating or having a presentation after the quarantine has been lifted, please call the Hopeline or local office number at 712-732-8120 and we can explain more on our client's needs. You may also email me at [jenny@caasaonline.org](mailto:jenny@caasaonline.org).

Jenny Ahlers  
Sexual Abuse Victim Advocate for Buena Vista and Pocahontas Counties  
[jenny@caasaonline.org](mailto:jenny@caasaonline.org) | 712-732-8120

*Biggest Little Paper In Town!*

## The Paper

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## *90<sup>th</sup> Birthday*

Allen Shaw will turn 90 on July 15! Please help the family celebrate by sending cards and well wishes to him. Cards can reach Allen at: 206 Bissell Street, Laurens, IA 50554.

## *New Arrival*

Breannah & Kevin Suntken of Des Moines are the proud parents of a daughter, Pearl Jo Suntken. Born on June 9, 2020 at Iowa Methodist in downtown Des Moines. Pearl weighed in at 8lbs 4 ozs, 19" long.

Proud grandparents are Rick & Judy Krips of Havelock and Dave & Mary Suntken of Orange City. Great Grandparents are Pearl & Don Schnepf of Oyens.

# LM CSD | June 1 - July 31 GRAB & GO MEALS [CLOSED: JULY 4TH]



You will pick up breakfast & lunch at the same time.



Pick up times will be Monday - Friday from 11:30 - 12:00.



On Fridays you will receive 2 meals of each for Friday & Saturday.



Pick up locations: Laurens School front entry & white van at the Marathon Community Center.



Menus are available on the school website & Facebook page.



Open to all children & teens ages 1-18.



No registration or identification is required. Parents may pick up the meals as the students do not have to be present.



### At the Library with Glenda Mulder June 31, 2020

Yippee, our favorite summer holiday is upon us! Since the 4th of July is on Saturday this year, the library will be closed on Friday the 3rd as well as on the 4th. Be sure to stop in now and get stocked up for our long weekend.

When our Book Club met last week, it looked so different. Taking the time to talk about books is one of the things I have most missed during this time of social isolation. So we set up the tables to assure participants would be 6 feet apart and asked that

everyone wear masks. I was counting on our group being smaller than when we last met in February so this would be possible. There were just 6 of us, so everything worked out just great! It was so good to talk with other readers, even if I didn't really remember all the details of the book because I had read it in March!

Our July book choice is a book I truly loved and look forward to reading again, *The Book Woman of Troublesome Creek* by Kim Richardson. Our library received this multiple copy set as a grant from the national network of Libraries of Medicine. It is about the pack horse librarians in Kentucky during the Great Depression. I would encourage you all to read this book, because it is just so good! And join our discussion on Monday, July 27 if you feel comfortable doing that! One of the things we will be discussing is why this book was on NNLM's list. (But read the book even if you don't come to the discussion!)

Laurens native Mary Allen called us a while back and asked if we would be interested in receiving some children's Braille books for our collection. Well, her thoughtful donation arrived this week and is so interesting! Check it out next time you are here.

We recently received a generous donation in memory of one of our favorite readers, from the family and friends of Janice Fuchs. They requested it be spent on children's books, general fiction and to expand our large print collection. Books from the first of our orders have started to arrive and I have to smile and think she would have been pleased with our selections. I hope you feel the same when you notice the dedication plaques in these books!

Some of the novels we have received this week include: *The Dilemma* (regular, LP & CD!) by B.A. Paris, *Devolution* by Max Brooks, *Fire Thief* by Debra Bukur, *The Finders* by Jeffery Burton, *Girl Unframed* by Deb Caletti,  *Holding Out for Christmas* (yikes!) by Janet Dailey, *You Can Go Home Now* by Michael Elias, *Sex and Vanity* by Kevin Kwan, *Tom Clancy's Firing Point* by Mike Maden, *The Black Swan of Paris* by Karen Robards and *How the Penguins Saved Veronica* by Hazel Prior.

In nonfiction books we received *The Room Where it Happened* by John Bolton and *Brag Better: Master the art of fearless self-promotion* by Meredith Fineman

There are still a couple spots left in our July 7th "Take it Tuesday" class. This month, the class will paint pinecone flowers and mount them on a small board. Because of the Covid-19 regulations and the extra precautions necessary, class size will be limited to 8, and you must preregister and wear a mask.

We are open our regular hours, but if you don't feel comfortable coming in the library yet, let us know you need materials delivered, or we will arrange an outdoor pickup.



### Coming Events

July 3-4 Library Closed for the Holiday

July 7 Take it Tuesday 6 pm

July 27 @ 7pm Book Club "*Book Woman of Troublesome Creek*"

## ***This Week at Laurens United Methodist Church***

Pastor Ed Frank

***Wed., July 1:***

Confirmation Class @ 3 p.m.

***Fri., July 3 :***

Men's Bible Study @ 7 a.m.

***Sun., July 5 :***

Worship @ 10:30 a.m.

**In-person worship services to begin again on  
Sunday, July 5, 2020!**

## ***This Week at First Christian***

Pastor Rev. Rita Cordell  
712-845-6164

***All services and activities at First Christian  
Church have been cancelled until further notice.***

## ***Resurrection of Our Lord Catholic Church***

Pocahontas, IA -- Pastor: Very Rev. Craig Collison, VF

***All services and activities at Resurrection of Our  
Lord Catholic Church have been cancelled until  
further notice. Find us on Facebook to watch  
recorded mass.***

*Our Town Our Paper!*

## ***This Week at Bethany Lutheran***

Pastor David E. Klappenbach

***Sunday: July 5, 2020***

***Fifth Sunday after Pentecost***

9:00 AM - Worship

***Tuesday: July 7, 2020***

8:30 AM - Prayer Group

9:30 AM - Tuesday coffee at Bethany

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

**Grab & Go**

**Caring Lunches**

\*A Saturday Sack Lunch Program

(5/30 - 8/15, from 11-12:30)

Children (ages 1-18) - If you would like a FREE sack lunch on any Saturday, throughout the summer, sack lunches will be provided outside of the library. Due to COVID19 and required social distancing, children cannot sit and eat at the tables with the volunteers but can still pick up a sack lunch to eat at home. Volunteers will use extra precautions when packing and handing out sack lunches in order to keep everyone safe. No sign-up will be necessary, any child who wants a lunch can come and receive one. The sack lunches can be picked up outside the public library in both Laurens & Marathon each Saturday from 11-12:30.

This program is funded by donations and grant monies. If you would like to donate, monetary donations can be sent to Thaine Hopkins @ 526 W. Arthur St, Laurens 50554. Checks should be made payable to the United Methodist Church with Caring Lunches in the memo line.

Thank you for your support.



## *Partnership Will Strengthen School Wellness Programming in Iowa*

It is said that prevention is the best medicine, and that is the goal of a new partnership between Iowa State University Extension and Outreach and the Iowa Heart Center Foundation.

The Iowa Heart Center Foundation will provide support for the SWITCH (School Wellness Integration Targeting Child Health) program. SWITCH is an evidence-based, school wellness initiative designed to help schools promote healthy lifestyles for youth. Through SWITCH, students learn to “switch what they Do, View, and Chew,” and schools learn how to plan, build and evaluate school wellness programming.

“SWITCH is excited to be partnering with the Iowa Heart Center Foundation. This partnership provides financial support for program coordination and evaluation efforts and will foster creation of additional heart health education components to enhance SWITCH,” said Gregory Welk, principal investigator on the SWITCH project and director of the Iowa State

University Translational Research Network.

Laura Jackman, program coordinator with Iowa Heart Center Foundation said, “Empowering Iowans of all ages to make healthy lifestyle choices is an investment in heart disease prevention. We believe in the great work happening across Iowa schools and communities through SWITCH. This new partnership is an opportunity for us to share heart health education with the youth of our state and further our mission.”

SWITCH was developed to help schools comply with federal requirements for school wellness. It was then refined through a series of pilot studies to establish an evidence-based training and implementation process that can be broadly disseminated across the state. SWITCH is now available to all Iowa schools through coordination from Iowa State University Extension and Outreach's 4-H Youth Development program. The partnership with the Iowa Heart Center Foundation will strengthen the clinical aspects of SWITCH programming and the ongoing dissemination through 4-H will help to promote heart health and obesity prevention in youth across the state.

Promoting school wellness is a high priority for schools, since research has clearly documented associations between healthy lifestyles and academic achievement. To learn more or to inquire about bringing the SWITCH program to your school, please visit <https://www.iowaswitch.org/>.

[iowaswitch.org/](https://www.iowaswitch.org/).

**About SWITCH.** SWITCH (School Wellness Integration Targeting Child Health) is an innovative school wellness initiative designed to support and enhance school wellness programming. Through SWITCH, schools can help students to “switch what they Do, View, and Chew!” SWITCH is managed by an interdisciplinary research team in partnership with the 4-H Youth Development Program through Iowa State University Extension and Outreach. Schools are provided with resources, training and support, but have autonomy to run programming in ways that best fit their unique needs and goals.

**About Iowa Heart Center Foundation.** The Iowa Heart Center Foundation is a nonprofit arm of Iowa Heart Center dedicated to providing community-based services and educational programs that inspire Iowans to lead a heart-healthy life. With a vision that every heart is a healthy heart, Iowa Heart Center Foundation is focused on heart disease prevention, cardiac emergency response and providing continuing education in the field of cardiology. Iowa Heart Center was founded in 1970 and is one of the nation's premier cardiovascular medicine practices, offering a full range of cutting-edge treatment options, complemented with clinical research and prevention services. Iowa Heart Center has 10 primary locations and 30+ outreach facilities throughout the state, making it the region's largest cardiovascular care provider.

## *Yard and Garden: Poor Fruit Set in the Vegetable Garden*

Some plants grow well but don't set fruit well, and this could happen because of a range of issues. A horticulture specialist with Iowa State University Extension and Outreach offers advice on fruit set issues. For information on your specific plant questions, contact [hortline@iastate.edu](mailto:hortline@iastate.edu) directly.

**Tomatoes.** Unfavorable weather conditions are the primary reason for blossom drop on tomatoes. High daytime temperatures (above 85 degrees Fahrenheit) and low nighttime temperatures (below 55 F) interfere with pollination, causing blossom drop. Optimal growing conditions for tomatoes are daytime temperatures of 70-85 F. (Cherry tomatoes set fruit over a wider temperature range than most large-fruited tomato cultivars.) Strong winds and dry soil conditions also may contribute to blossom drop. Strong winds desiccate flowers, while dry soil conditions stress tomato plants.

Favorable weather and good care should result in good fruit set.

Deeply water tomato plants once a week during dry weather.

**Squash.** Squash and other vine crops are monoecious. Monoecious plants have separate male and female flowers on the same plant. Male and female flowers are similar in appearance. However, female flowers have small, immature fruits at their base. Pollen is transferred from the male to the female flowers by bees and other pollinators. When properly pollinated and fertilized, the female flowers develop into fruit. The first flowers to appear on squash and other vine crops are predominately male. As a result, fruit production is poor when the plants begin to flower. The squash plants should begin producing a good crop within a few weeks as the number of female flowers increases.

Unfavorable weather and the use of insecticides also can affect fruit set on vine crops. Cool, rainy weather during bloom reduces bee activity. Fewer bees visiting the garden results in poor pollination and poor fruit set. Apply insecticides in the garden only when necessary to avoid harming bees and other pollinators.

**Lima beans.** Lima beans are not well adapted to growing conditions in Iowa. Lima beans grow best when temperatures are between 70 and 80 F. They also

require 1 inch of water per week (either from rain or irrigation) during blossoming and pod development. Hot, dry conditions during blossoming may cause many of the flowers to drop off without setting pods. Excessive nitrogen fertilization promotes lush growth, but may also inhibit pod formation.

Bush-type cultivars usually perform better than pole cultivars in Iowa. Suggested bush-type cultivars include 'Fordhook 242' (large greenish white seeds, heat tolerant), 'Eastland' (3-inch pods contain dime-sized, greenish white flat beans), and 'Henderson Bush' (small white seeds, early maturing).

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## *ISU Extension and Outreach County Offices Begin Reopening to the Public*

Throughout the state, Iowa State University Extension and Outreach county offices are beginning to reopen to the public. Some offices already are fully open to the public, some are open by appointment only and others are preparing to reopen. Iowans should contact their county office for information about local reopening plans.

**Health and safety first.** “As county extension councils and local staff plan for reopening their offices to the public, they first and foremost are making plans to protect staff, volunteers, participants and communities. The health and safety of Iowans is our greatest concern,” said John D. Lawrence, vice president for extension and outreach.

To help county offices plan for reopening to the public, ISU Extension and Outreach has been reviewing and adapting guidance from Gov. Reynolds, Iowa State University, Iowa Department of Public Health and the Centers for Disease Control and Prevention. “Using this guidance, each county extension office is determining how to best meet local needs and circumstances while planning for social/physical distancing, how many people can gather, personal health monitoring and other infection control strategies,” Lawrence said.

**Open for business.** Although county and campus offices have been closed to the public over the past few months

due to COVID-19 precautions, ISU Extension and Outreach has remained open for business. Extension specialists and county staff have been conducting group education and activities virtually, when possible, using video or teleconferencing. One-on-one meetings have been conducted by phone, by video conference, or if meeting in-person has been essential, with appropriate distancing and precautions.

ISU Extension and Outreach continues to develop and engage in alternate ways of bringing research-based education to all Iowans. For example:

- ISU Extension and Outreach throughout the state continues to be available by phone, text, email, and website to answer questions and provide information and education. Check your county extension office webpage for local news and contact information.

- ISU Extension and Outreach 4-H Youth Development has developed a wide variety of youth-led learning resources that are available for at-home learning. These resources are being continually updated and available to the public.

- Resources are available to help families and communities dealing with the disruptions of COVID-19 cope with concerns about stress and relationships, personal finance, and nutrition and wellness.

- Many extension specialists are hosting virtual field days, providing webinars or supplementing their regular webinar series. For example, additional webinars from Iowa Learning Farms offer timely education on issues related to water, soil, livestock, wildlife and other topics.

- Some extension programs are offering educational podcasts, which can be accessed from the ISU Extension and Outreach Social Media Directory.

- ISU Extension and Outreach Community and Economic Development is providing resources to

assist communities, businesses, local governments and nonprofits.

- ISU Extension and Outreach’s family finance program specialists are providing one-on-one financial conversations with Iowans. These financial educators are available to talk about options for revising a budget, prioritizing bills, paying down debt and connecting Iowans with community resources to stretch reduced incomes.

- The Iowa Concern Hotline is available 24/7 for free, confidential support from trained staff. Email and live chat are also available.

- AnswerLine is available for consumers with home and family questions.

- Continue to check the ISU Extension and Outreach website for news about upcoming opportunities and educational offerings from extension specialists.

- ISU Extension and Outreach also has been compiling research-based resources related to facing the challenges of the COVID-19 pandemic. Visit the COVID-19 webpage often for updates.

For information on the Pocahontas County office reopening or specific events, please contact Pocahontas County Extension and Outreach at (712) 335-3103. If the office is closed, leave a message and someone will get back to you as quickly as possible.

“For over 100 years, Iowa State University Extension and Outreach has been serving Iowans,” Lawrence said. “As our state recovers from COVID-19, we’ll continue to deliver research-based information and education to help Iowans care for their families, manage stress, and support their communities, businesses and farms. We’re here for Iowans now – and for the next 100 years.”