

# The Paper

Our Town , Our Paper!



Laurens, Iowa



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October 28,  
2020

## Local News

### Valero Renewables Donates to Albert City Ambulance Crew

Valero, which operates the Valero Renewables-Albert City ethanol plant and is a leader in providing reliable, affordable and sustainable energy, is donating \$3,936 to the Albert City Ambulance Crew. The donation will be used to purchase safety equipment, including Air Max Helmets, to help prevent the spread of COVID-19, as well as tools that can quickly and safely sanitize an entire ambulance after calls.



Pictured: Scott & Julie Olson of the Albert City Ambulance Crew.

### VFW's New Camera

On October 15, employees from Northwest Communications in Havelock installed a new security camera for the VFW to watch over their monument and eagle. Many thanks go out to Don Miller and his crew for donating their time and equipment for this project. It is very much appreciated.



# JUMP-START ACCELERATOR GRANT



POCAHONTAS COUNTY  
ECONOMIC DEVELOPMENT COMMISSION

Have a great business  
idea? We want to help!

Pocahontas County Economic Development is offering up to \$10,000 in grant funding to a start-up business, a business wanting to add additional locations within the county, or a business wanting to relocate to Pocahontas County.

Review complete  
grant guidelines:  
[https://  
tinyurl.com/  
JAG2020](https://tinyurl.com/JAG2020)

Complete the  
application and  
submit your  
business plan and  
resume.

Grant recipients  
will be notified  
by January 4,  
2021.

Applications open  
November 2,  
2020-December  
2, 2020.

This project is sponsored in part by Iowa Economic Development Authority.

## ***\$83,050 Grant Available for Child Development Home Starting Up***



Iowa Child Care Resource & Referral (CCR&R) has been allocated \$83,050 by the Iowa Women's Foundation who secured a grant through the Coronavirus Relief Fund Employer Innovation Fund

Grant. Grant funds are to be used for ten Child Care Ready series and distributed from October 12, 2020 to December 31, 2020. The priority of this grant is to offer services and equipment that will be given to child

care providers seeking to start up a Child Development Home Business.

The project's goal is to recruit, train, retain and support quality child care and early education providers across Iowa. Training sessions will be hosted in the CCR&R five regions. Ten child care-ready series will be held throughout the state. If the desired performance measures are met, it will result in 100 new Iowa child care providers that will be ready to provide child care in a home or business setting.

Funding is primarily used to pay for costs associated with the start up of becoming a child care home provider opening a Child Development Home business. The subsidy will potentially remove the barriers associated with costs of trainings, start-up material, supplies and other issues individuals might be facing. Core training requirements, health and safety items will be the first priority for child care providers. This includes: Essentials Pre-Service training, CPR/First Aid, participant support, background checks, fingerprinting, business starter-kits and incentives. In addition, this funding could cover Emergency Preparedness and session two of ChildNet 3.0.

In the past five years, Iowa has lost 33% of child care businesses. Child Care is essential to the Iowa Workforce. Families rely on child care to return to work. CCR&R of Northwest Iowa is excited to announce that the Child Care Ready series will take place October 27, 2020 and again on November 5, 2020.

This event is available at no cost to the attendees. If you are interested in opening up a Child Development Home business, sign up now at: <https://www.surveymonkey.com/r/ChildCareReady>, to be contacted for more information. Email Child Care Resource & Referral of Northwest Iowa at [dhale@midsioux.org](mailto:dhale@midsioux.org) or call 712-541-2750 for more information.





## At the Library with Ghoulanda Mulder October 28, 2020

It's finally Halloween week! Have I told you that I love this Holiday? Well, I love all the Holidays, really. I'm like the kids with their sports, the current one is always my favorite. I'm still deciding if I dress up as Charlotte, from "Charlotte's Web" again, or maybe I will be one of my favorite children's book characters, Amelia Bedelia. Guess you'll have to come to see the Halloween Magician at the Library to find out! Remember, this year meet us outside at 4 o'clock for the Tricks before the Treats. Please come in costume and dress for the weather – the library will not be open! You might want to bring a lawn chair or a blanket to sit on. If it's raining, check our Facebook page for Plan B.

Speaking of Holidays, (I know that technically, that word is not supposed to be capitalized, but I went to the A.A. Milne school of Grammar, so I capitalize all the Important Words!) let tell you about our Christmas books. The season will be here before we know it. We got about a dozen new kids' Christmas picture books so far. They are wonderful! In adult Christmas fiction, we received: *A Dog's Perfect Christmas* by Bruce Cameron, *Noel Letters* by Richard Paul Evans, *Christmas at the Island Hotel* by Jenny Colgan, *In a Holiday* by Christina Lauren, *Christmas Card Murder* by Leslie Meier, *Heartfelt Christmas Promise* by Nancy Naigle, *One Charmed Christmas* by Sheila Roberts and *The Christmas Table* by Donna Vanliere. Come take a peek and you might feel your Christmas Spirit starting to kick in.

I had no books to tell you about last week, so we are making up for it this week! In fiction, we also received: *The Wonder Boy of the Whistle Stop Café* (regular & LP) by Fannie Flag, *Truly, Madly, Deeply* by Karen Kingsbury, *Midnight Library* by Matt Haig, *The Shakeup* by Stuart Woods, *Three Women Disappear* by James Patterson, *Searcher* by Tana French and *Invisible Life of Addie LaRue* by V.E. Schwab.

In nonfiction, we received the adult & youth versions of *The Notorious RBG* by Irin Carmon, *Greenlights* by Matthew McConaughey, *10 Lessons for a Post Pandemic World* by Fareed Zakaria and *The Meaning of Mariah Carey* by Mariah Carey. How's that for an interesting mix?!

There are a few spots left in our November 3rd Take it Tuesday. We will be making cute little wine cork pumpkins. Let us know if you would like to join the fun in person, or as a Grab-n-Go craft.

### Coming Events

October 31 Halloween Magician Larry Dunbar @ 4 p.m.

November 3 "Take it Tuesday" at 6:00 p.m.

November 23 @ 7 p.m. Book Club "Where the Crawdads Sing" by Delia Owens

## The Paper

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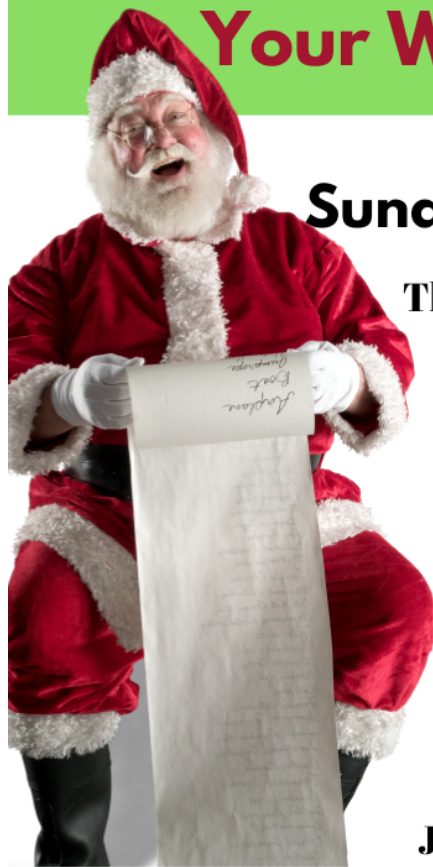
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## Your Wishlist Starts in Laurens

**Christmas Preview  
Sunday, November 1 Noon to 5:00**

**There is no NAUGHTY LIST at Cuts To Dye For!  
Stop in & we can help you fill your list**

**Let Embrace Boutique help you put your  
entire heart into this season ♥**

**Heart 'n Home will fill your home with the  
Spirit of Christmas this year!**

**Lizziedoodle at 106 N 3rd has Gift Ideas for  
the Holiday Season!**

**Join Us at William & Wesley for some Holiday  
Cheer to Celebrate this Time of Year!**

[LaurensChamber.com](http://LaurensChamber.com)

## KIDS KORNER CHILDCARE

**300 WEST GARFIELD LAURENS**

**Looking for fun, loving childcare  
worker who enjoys caring for  
children.**

**Contact: Heather at 712-841-5437**



inspire.create.share.™

INDEPENDENT DEMOSTRATOR

**Cindy Kemna**

[www.CindyKemna.StampinUp.net](http://www.CindyKemna.StampinUp.net)



[www.facebook.com/CindyKsCreations](http://www.facebook.com/CindyKsCreations)





**HONORING PARENTS-TO-BE  
BEN AND MIKAYLA FUCHS**

During these times, please share your love from afar with gifts by mail. Card and gifts can be sent to:

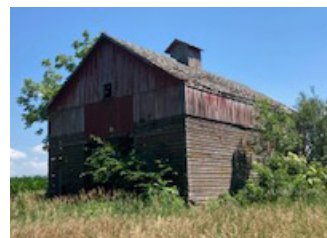
The Fuchs Residence, 1404 Washington St., Cedar Falls, IA 50613  
or drop off at the home of Don & Nancy Fuchs by October 31.

P.S.-Gender is a Surprise!

They are registered at: [www.babylist.com/little-baby-fuchs](http://www.babylist.com/little-baby-fuchs)

### ***Barn Wood, Barn Wood, Barn Wood!***

- Landowner would like to offer his crib to be dismantled in return for barn wood
  - Interested parties can call to discuss exact location & landowners desired interests
  - If you enjoy a little labor and the joys of rustic barn wood for your home, this would be a great find
- Call (712) 262.6425 for further details



**WANTED: DAYCARE DIRECTOR FOR KIDS  
KORNER DAYCARE IN LAURENS IOWA  
EARLY CHILDHOOD EXPERIENCE AND  
TRAINING IS NEEDED.  
PICK UP AN APPLICATION AT KIDS KORNER  
300 WEST GARFIELD (LM SCHOOL)  
OR EMAIL  
[MACKENZIEBELL@GMAIL.COM](mailto:MACKENZIEBELL@GMAIL.COM)  
712-358-8000  
EOE**

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

**Pastor Ed Frank**

### ***Thurs., Oct. 29:***

Bible Study with Linda Lingo from 10 a.m.-  
12 p.m. here at the church

### ***Fri., Oct. 30:***

Men's Bible Study @ 7 a.m.

### ***Sun., Nov. 1:***

Adult Sunday School @ 9:00 a.m.

Sunday School @ 9:15 a.m.

Worship @ 10:30 a.m.

Youth Group (Jr. & Sr. High) from 5 p.m.-7  
p.m. here at Laurens UMC

### ***Mon., Nov. 2:***

Quilt Club @ 7 p.m.

### ***Tues., Nov. 3:***

General Election held here at Laurens UMC  
from 7 a.m.-9 p.m.

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

**Pastor Rev. Rita Cordell**  
712-845-6164

### ***Sunday, November 1***

10:30 a.m. - Worship

5:00 - 7:00 p.m. - Youth Group at UMC

*Biggest Little Paper In Town!*

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

**Pastor David E. Klappenbach**

### ***DAYLIGHT SAVINGS TIME ENDS***

***Sunday: November 1, 2020***

### ***ALL SAINTS SUNDAY***

Twenty-second Sunday after Pentecost

9:15 AM ~ Adult SS

9:30 AM ~ Youth SS

10:30 AM ~ Worship w/Communion & A Litany of  
Remembrance with candles

5:00-7:00 PM ~ Laurens Area Youth Group at UMC

### ***Monday: November 2, 2020***

4:00 PM ~ W/M Mtg.

### ***Tuesday: November 3, 2020***

8:30 AM ~ Prayer Group

9:30 AM ~ Tuesday coffee at Bethany

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

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



**WELCOME  
BACK!**

**Saturday**  
5:00 pm Resurrection

**Sunday**  
8:30 am OLG  
10:30 am Resurrection

\*Doors open 30 minutes  
prior to Mass  
\*Mask required  
\*Bring paper with names  
in your household  
\*No prayer books  
\*Use south doors  
\*Ushers will seat you

## *Fonda Arts Center-Holiday Greens Sale*

Colors fading, leaves falling. Sure signs that winter and the holiday season are close behind!

The Fonda Arts Center wants to add to the holiday color and festive air by hosting the sale of holiday greens again this year; however, on a pre-order basis only. These greens will come from the same source as in previous years, and will include the wreaths, swags, roping and planters, with all the beauty and freshness that you have come to enjoy and expect.

Please call Annie Reiff at (712) 288-6278 for pricing and to place an order, if possible before November 1. Pick up day will be held on Sunday, November 15 from 10 a.m.-2 p.m., in front of the Fonda Arts Center on the northwest corner of 4th and Main Streets in Fonda.

## *Festival of Trees Community Tree*

This year we are asking for donations of gloves and underwear (size 4-10) to take to Laurens-Marathon school in January. This is what the school is requesting.

The tree will be at the Laurens United Methodist Church with donations starting December 5.



## ALBERT CITY HOLIDAY OPEN HOUSES

Friday, November 6th 5 - 9 pm  
Saturday, November 7th 9 am - 1 pm  
(Individual store hours may vary)

Straw Horse	Thirty-One	Copper Rooster Homestead
AC Floral	Pampered Chef	Witter's Wonders
Albert City Library (Usborne books)		HR Boutique by Halli
Helping Hands	Color Street	Mzhorseys Place
Wood Creations by Jean	Kay's Krafcs	

Many craft vendors: wreaths, crochet items, vinyl, cutting boards, table runners & more! Vendors will be located at City Hall and the City Building (2 doors to the right of City Hall).

The Station will be open for supper Friday night and breakfast & lunch on Saturday.

Local people keep local business going and growing!

Sponsored by the Albert City Chamber

Sunday, November 8 Albert City Firemen's  
Fundraiser Meal





## *Beef Up Iowa Continues with Major Gift From Tyson Foods*

A gift from Tyson Foods will provide 80,000 meals\* to food insecure Iowans through Beef Up Iowa.

The Beef Up Iowa program is a partnership among Iowa State University, Iowa Department of Agriculture and Land Stewardship, Iowa Food Bank Association and Iowa's beef industry organizations, and is an initiative of Gov. Reynolds' Feeding Iowans Task Force led by Lt. Gov. Adam Gregg.

The Iowa Cattlemen's Foundation accepted a \$50,000 donation from Tyson Foods on October 13. Tyson's gift will help purchase cattle and cover the cost of harvesting and processing.

"We are committed to addressing the issue of food insecurity in our communities," said Steve Stouffer, group president, Tyson Fresh Meats. "Beef Up Iowa is a great opportunity for us to support an innovative partnership that not only provides high quality, wholesome protein to individuals and families in need, but also recognizes and helps independent producers from the state of Iowa who are committed to sustainably raising high-quality livestock. We value and rely on our independent cattle producer partners every day to help us show the world how much good food can do as we strive to feed the world."

Since Beef Up Iowa launched this summer, over 40 head of cattle have been processed generating 30,000 pounds of beef. The cattle were purchased from Iowa youth who raised the animals as 4H or FFA projects.

The gift from Tyson foods enables Beef Up Iowa to handle an additional 40 head of cattle, 20,000 pounds of ground beef, or 80,000 meals.

"The COVID-19 pandemic disrupted our entire food system and our economy. But when times get tough, the Iowa agriculture community rallies together to help those in need," said Iowa Secretary of Agriculture Mike Naig. "The Beef Up Iowa food security initiative is a great example of Iowans stepping up to help others. I'm grateful to all our partners who helped make this program successful, including Gov. Reynolds for allocating CARES Act funds to cover program costs, Iowa Cattlemen's Foundation for connecting us with 4-H and FFA members, and Iowa State University for reopening its processing facility to help meet demands at local food banks."

The animals are harvested at the Iowa State University Meat Lab and the beef is distributed to Iowa food banks.

"We at Iowa State University are humbled to be a part of the Beef Up Program. These activities help bring communities together around food production and the humanity of agriculture. It provides our faculty, staff and students life changing servant leadership opportunities," said Dr. Dan Thomson, professor and chair of the Department of Animal Science at Iowa State University.

The Iowa Beef Industry Council, Iowa Cattlemen's Association and the Iowa Cattlemen's Foundation help administer the program.

"The Iowa Cattlemen's Foundation is extremely thankful for the gift from Tyson Foods," said Maynard Hogberg, board member of the Iowa Cattlemen's Foundation. "The generous donation allows us to help youth in the cattle industry while sharing the benefits of beef with other Iowans, two vital pieces of our mission."

Tyson Foods Inc. is one of the world's largest food companies and a recognized leader in protein. Founded in 1935 by John W. Tyson and grown under three generations of family leadership, the company has a broad portfolio of products and brands like Tyson®, Jimmy Dean®, Hillshire Farm®, Ball Park®, Wright®, Aidells®, ibp® and State Fair®.

\*One meal = 1/4 pound of protein.



Pictured above from left: Rex Hoppes, Iowa Beef Industry Council; Matt Wenger, Iowa State University; Liz Croston, Tyson Fresh Meats Manager Communications; Dr. Terry Houser, Iowa State University; Steve Stouffer, Tyson Fresh Meats Group President; Dr. Dan Thomson, Iowa State University; Julie Kenney, Deputy Secretary of Agriculture; Addisyn Young, Beef Up Iowa participant; Lt. Governor Adam Gregg; Kinly Johnston, Beef Up Iowa participant; Shane Miller, Tyson Fresh Meats SVP & GM Beef Enterprise; Dan Heffernan, Tyson Fresh Meats VP Human Resources; Linda Gorkow, Iowa Food Bank Association Executive Director; Dr. Maynard Hogberg, Iowa Cattlemen's Foundation Board; Mary Greiman, Iowa Cattlemen's Foundation

## *Extension Family Finance Column*

The current period of job loss and reduced income has affected people in different ways. The result? Different households face different financial challenges at this point.

Whatever your situation, now is a good time to assess your financial situation, evaluate your priorities, and take steps to improve your situation as necessary. Your local ISU Extension financial educator is available to work with you – at the end of this article I'll share how to contact me and my colleagues.

**1. Some of you have been living with seriously reduced income – and still are.** Your task has been to find every possible way to reduce your expenses and/or find new income and make use of new resources, including public assistance if you qualify. You must communicate with all of your creditors, but avoid making promises you cannot keep. If returning to something like normal looks unlikely, you may need to consider major lifestyle changes.

**2. Some of you lost income for a while, but are now back to an income you can live on.** It is likely that you got behind on bills, built up credit card debt, and/or depleted your savings during your crisis. Strong focus on repaying those debts and building up emergency savings will get you ready in case of an unexpected expense or another loss of income. Careful examination of your spending choices will help you regain equilibrium and then build a strong cushion.

**3. Others of you have maintained stable income, but have realized that if you did lose income, you would be in**

**a very difficult spot.** Facing the reality that you lack basic financial security can motivate you to build up savings and pay down debt. Start by cutting your living expenses so that your regular monthly expenses are 10-25% less than your income. Putting the extra funds toward savings and expedited debt payment will build you a cushion that will bring peace of mind and make your life easier if/when hardship strikes.

**4. Still others have stable income, and have felt secure that even if you did have a cutback, you would be okay.** In your case there is no obvious need for change, but it's wise to maintain control of your finances through good planning. You may wish to build an even stronger savings cushion, after seeing others struggle with lost income for six months or longer. As you build savings, seek out accounts that pay slightly higher interest while still providing ready access to your funds.

As you consider your current financial situation, you may wonder what steps can move you in the direction you want to go. ISU Extension and Outreach financial educators are available for individual consultations to assist with identifying possible strategies and with trouble-shooting. My colleagues and I will not tell you what to do, but we do have research-based tools that may be useful. Contact me through your local office of ISU Extension and Outreach (Webster County: 515-576-2119 or [www.extension.iastate.edu/webster](http://www.extension.iastate.edu/webster)) or directly (515-832-9597 or [bwollan@iastate.edu](mailto:bwollan@iastate.edu)). For a statewide listing of financial specialists, go to <https://www.extension.iastate.edu/humansciences/finance>.

## *Ornamental and Turfgrass Applicators Course Offered November 4*

Iowa State University and Outreach Pocahontas County office will host an Ornamental and Turfgrass Applicators Continuing Instruction Course (CIC) for commercial pesticide applicators Wednesday, November 4, 2020. The program, provided by the ISU Extension and Outreach Pesticide Safety Education Program (PSEP), can be seen at office locations across Iowa.

**Due to social distancing requirements, preregistration is required.** Walk-ins on the day of the program will only be admitted if room allows. The course runs: 9-11:30 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 or email [dianned@iastate.edu](mailto:dianned@iastate.edu).

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 safe handling and storage of pesticides, laws and regulations, personal protective equipment, dollar spot management, control of yellow nutsedge, dealing with dry spot, emerald ash borer update, and an overview of the North Central IPM Center.

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).

## *How to Limit Your Stress Level About the Election*

In 2020 adults are stressed about many things, such as the pandemic, the recession and the cost of healthcare. However, another significant source of stress is the current election, said David Brown, behavioral health specialist for Iowa State University Extension and Outreach.

“Psychologist Steven Stosny has even coined the term ‘election stress disorder.’ Dr. Stosny noted that election stress might be impacting you if you feel your body tense before you turn on the news,” Brown said. “Negative ads also play a role in increasing our anxiety and they are plentiful during the election season. Once we hear a negative ad that we disagree with, our brain goes into defensive mode and our stress levels tend to increase.”

There are, however, some ways to limit election stress, Brown said.

“The first, obvious way is to limit your news and social media intake prior to the election. Instead, do other things such as going for a walk and getting outdoors. Spending time with family members and friends also helps, especially if you are doing things that you enjoy,” Brown said.

Consider limiting political discussions with family members, friends and even coworkers,

if discussions could erupt into arguments or conflict. Maintaining positive relationships may take priority over scoring political points with friends or family members who are unlikely to change their political opinion.

“We also need to recognize that stress about what might happen is not productive. A more productive use of time may be to join a ‘get out the vote campaign’ or volunteer to be a poll worker. If an issue is important to you, join a community or advocacy group, such as the National Alliance on Mental Illness,” Brown suggested.

It is also important to acknowledge that election stress is just one of many stressors that may affect people right now. The current pandemic, storm damage and the drought have all brought much additional stress and uncertainty to Iowans. Some individuals might become overwhelmed.

“A good resource to contact is always the Iowa Concern hotline,” Brown said.

Iowa Concern, offered by ISU Extension and Outreach, provides confidential access to stress counselors and an attorney for legal education, as well as information and referral services for a wide variety of topics. With a toll-free phone number, live chat capabilities and a website, Iowa Concern services are available 24 hours a day, seven days per week at no charge. To reach Iowa Concern, call 800-447-1985; language interpretation services are available. Or, visit the website, <https://www.extension.iastate.edu/iowaconcern/>, to live chat with a

stress counselor one-on-one in a secure environment. Or, email an expert regarding legal, finance, stress, or crisis and disaster issues.

For more information, contact David Brown at [dnbrown@iastate.edu](mailto:dnbrown@iastate.edu).

### *Other Resources*

COVID Recovery Iowa offers a variety of services to anyone affected by the COVID-19 pandemic. Virtual counselors and consultants provide counseling, family finance consultation, farm financial consultation, and referral information and help finding resources for any Iowan seeking personal support. Iowans of all ages may join groups online for activities and learn creative strategies for coping with the effects of the pandemic. COVID Recovery Iowa will announce upcoming programs on the website and via all social media to help Iowans build coping skills, resilience and emotional support. To request support, go to <https://www.COVIDrecoveryiowa.org> or call the Iowa Warm Line at 1-844-775-9276.

Finding Answers Now. As Iowans deal with disruptions to their families and communities, this website at <https://www.extension.iastate.edu/humansciences/disaster-recovery> provides information to help you cope with concerns about stress and relationships, personal finance, and nutrition and wellness.



## ***Yard and Garden: Fall Chores in the Vegetable Garden***

As you enjoy the fruits (and veggies) of your labor after your summer harvest, keep in mind that there are still plenty of chores to be done this fall to get ready for next year's vegetable garden. This week's Yard and Garden entry offers tips from Ajay Nair, associate professor in horticulture and extension vegetable production specialist with Iowa State University Extension and Outreach.

**When should garlic be planted?** Garlic cloves should be planted in fall (mid- to late-October to mid-November). Plant cloves 3-4 inches deep with the pointed side up. Fall-planted garlic should be mulched with a 4- to 6-inch-layer of weed-seed free straw to help prevent winter injury. In early spring, move the straw to between the rows to allow the garlic foliage to emerge.

**How should I prepare my garden tools for winter?** Proper care of garden tools and equipment prolongs their life, prevents costly repairs and improves their performance. In

fall, remove caked-on soil from shovels, spades, hoes and rakes with a wire brush or stiff putty knife. Wash the tools with a strong stream of water, then dry. Sharpen the blades of hoes, shovels and spades. Wipe the metal surfaces with an oily rag or spray with WD-40. Sand rough wooden handles, then wipe with linseed oil to prevent drying and cracking. Hang or store the tools in a dry location. Drain water from garden hoses. To prevent kinking, store hoses on reels or coil and place on a flat surface.

**Should I clean and till my vegetable garden this fall or early next spring?** Fall cleanup and tillage provide several benefits. Many plant pathogens overwinter in the garden on plant debris such as infected leaves, stems, flowers, fruits, etc. Removal and destruction of the diseased plant debris reduces the severity of many diseases in the next growing season. Removal of the plant debris also eliminates over-wintering sites for some insects and helps reduce insect populations. Fall is also a good time to add amendments like well-rotted manure, leaves, compost and disease free garden waste. These amendments add organic matter and benefit the soil microorganisms and the overall soil health. Additionally,

a fall-tilled garden dries out and warms up more quickly in spring, permitting earlier planting of cool-season crops.

### **How can I minimize plant disease problems in my vegetable garden next year?**

Several steps can be taken to minimize disease problems in your garden next year. An important task is to clean up the garden in fall. Carefully remove and destroy the infected plant debris. Many of the fungi and bacteria that cause plant diseases survive over the winter in the dead leaves, stems and other plant parts that are left behind in the garden. The fungal spores and bacteria that survive in the garden then attack the new vegetable plants next spring. Also, annually rotate the placement of vegetables in the garden. Disease problems often increase when the same crop or crop in the same family is planted in the same area in successive years.

For crop rotation to be effective, gardeners should not plant vegetables belonging to the same plant family in the same location for a minimum of three years. Selecting vegetable varieties that are resistant to specific diseases can also be helpful.

## *Fall and Spiders Go Together*

Spiders are as familiar and well known to most people as they are disliked. Spiders come in all shapes, sizes, and colors, and despite your reluctance to admit to any benefit from spiders, all spiders are ecologically beneficial as they feed solely on insects and other arthropods. Spiders help reduce pest populations in and around homes, landscapes, gardens, and crops. There is a lot to like about spiders, but first, you have to get past the myths, misinformation, and general disgust.

But to back up a step, what are spiders? In a phrase, spiders are eight-legged arthropods. Arthropods are animals with a unique combination of characters: segmented body, an exoskeleton; that is, an external skeleton (rigid protective "shell" rather than bones, and jointed appendages - mostly legs, but also mouthparts and antennae.

Spiders are in a class called **Arachnida** that includes the spiders, mites, ticks, scorpions, and related animals. It is a widely diverse and well-known group whose members have two body parts (a fused head and thorax called the cephalothorax plus an abdomen) and four pairs of segmented legs attached to the cephalothorax. Arachnids do not have antennae, and finally, I am personally grateful for one thing, spiders never have wings!

Late summer through fall is when spiders attract the most attention. Spiders such as the garden spiders are fully grown, and their webs made of radiating lines and concentric circles glimmer with due on damp mornings. Fall is also when spiders that live and grow outdoors through the summer become accidental invaders and wander indoors by mistake. Outdoor spiders that wandered into the house are no happier being stuck indoors and unable

to get out than you are about them being stuck there.

Wolf spiders are large, brown and slightly hairy. Hunting spiders such as the common wolf spider occasionally enter buildings through gaps or cracks around windows and doors or other openings in the course of their active hunting. Other spiders wander in by mistake while searching for new web sites. Invader, outdoor spiders usually live for less than a day or two, and they cannot reproduce in the house.

Effective management of home-invading spiders starts with the same exclusionary techniques used to keep out the weather. Seal cracks, gaps, and other openings and repair windows and doors (especially the door sweep), so they fit tight. Insecticides applied outside the structure have little if any benefit and will not provide long-term prevention. Vacuum or sweep up occasional invaders and discard.

**Are spiders dangerous?** Nearly all spiders are harmless. Spiders are timid and will retreat if they can. We are not "food" for spiders. They do not bite to feed on you and usually will not attempt to bite humans unless held or accidentally trapped. Most common Iowa spiders have fangs too small or weak to puncture human skin. Only two of the hundreds of species found in Iowa may be considered dangerous. Fortunately, both the black widow and brown recluse are very rare. See "Are Spiders Poisonous?"

**Why are we so afraid of spiders?** It's beyond my comprehension if fear of spiders is something we are born with (innate) or something we learn (conditioning). I suspect, as with most complicated topics, it's a little of both. There is a wealth of technical and non-technical writing on the subject. Another possibility is that it is the media's fault! Feel free to explore.

I was intrigued to learn what makes spiders "scary" to so many people (up to 30% of the U.S. population may suffer from arachnophobia according to one source). According to an old study of college students in London, spiders' most-fearsome characteristic was

"legginess" followed by sudden and speedy movements, hairiness, and "crawliness." Why would the addition of two more legs make spiders "leggier" than insects?

**What About Spider Bites?** Spiders very rarely bite people and far less than is generally assumed. Most spiders are harmless to people and are incapable of biting, even when coaxed. "Spider bite" is a grossly overstated diagnosis and appears to be a euphemism for "unexplained skin irritation." Ambiguous symptoms such as redness, swelling, cramps, severe pain, or even necrotic lesions can be caused by other factors, including other diseases, medical conditions, and bacterial skin infections. The venom of all but a very few spiders is not dangerous. On the rare occasions where a spider bite is medically significant, the wound gets infected, the same as any other puncture wound.

Of particular concern is attempting to identify "spider bites" by comparison to images on the internet. Posted pictures of "spider bites" are usually wrong, and because of individual body reactions, no one can identify a spider bite from skin irritation. What most often passes for a "spider bite" is rarely caused by a spider but is much more likely to be due to any of dozens of other causes. Unless you see a spider in the act of biting you, don't assume that a spider caused a wound. As an example, read how MRSA is misdiagnosed as brown recluse spider bites. Or see this lengthy review about how spider bites are over-rated.

**Do you swallow spiders while you sleep?** Most certainly not. The myth that the average person swallows eight spiders per year has persisted for much longer than you would expect for an item of such nonsense. As stated by Snopes.Com over 19 years ago, This "statistic" that the average person swallows eight spiders per year "was not only made up out of whole cloth, it was invented as an example of the absurd things people will believe simply because they come across them on the Internet."

October 22, 2020

The Utility Board of Trustees of Laurens, Iowa met in regular session at the Municipal Building, 272 N. Third Street, Laurens, Iowa, at 11:30 a.m. on the above date. Present were Trustees Richard Main, Jerry Runneberg and Ben Storms. Also present was General Manager Chad Cleveland.

Motion by Trustee Storms and seconded by Trustee Runneberg to approve the agenda for the October 22, 2020 regular meeting. Ayes: All. Nays: None. Motion carried.

Motion by Trustee Runneberg and seconded by Trustee Storms to approve the minutes of the September 24, 2020 Board meeting. Ayes: All. Nays: None. Motion carried.

Motion by Trustee Runneberg and seconded by Trustee Storms to approve the summary of receipts for September 2020 in the amount of \$394,405.32 and the list of expenses for September 2020 in the amount of \$269,852.10. Ayes: All. Nays: None. Motion carried.

## **Summary of Receipts**

A/R – Electric	\$ 277,353.63
A/R – Communications	\$ 63,506.23
Merchandise/Services – Electric	\$ 420.00
Merchandise/Services – Communications	\$ 114.00
Carrier Access Fees – Communications	\$ 3,416.48
Write-Off Recovery – Electric	\$ 0.36
Investments Interest Earned – Electric	\$ 3,008.22
A/P – Electric	\$ 4.25
A/P – City of Laurens – Electric	\$ 6.40
Deposits – Electric	\$ 2,475.00
Deposits – Internet	\$ 614.00
Deposits – Telephone	\$ 140.00
Marathon Energy Sales – Electric	\$ 9,964.43
Tower Lease – Communications	\$ 900.00
Attachment H Revenues – Electric	\$ 29,226.85
Miscellaneous – Telephone	\$ 3,148.20
Miscellaneous – Cable TV	\$ 77.27
Office Supplies – Electric	\$ 30.00
<b>Total Cash Receipts</b>	<b>\$ 394,405.32</b>

Electric Receipts	\$ 322,489.14
Communications Receipts	\$ 71,916.18
<b>Total Cash Receipts</b>	<b>\$ 394,405.32</b>

## **List of Expenses**

A & M Laundry	Dust Mops & Mats	\$ 85.28
Advanced Control Systems	SCADA System Support	\$ 1,237.02
AFLAC	Employee Contributions	\$ 245.80
Alliant Energy	Natural Gas	\$ 340.35
Avesis	Group Vision Insurance	\$ 108.48
Big 10 Network	Programming Fees	\$ 534.10
Buena Vista County Treasurer	Property Taxes	\$ 125.00
Century Link Access	Access/Transport Fees	\$ 4.18
Century Link Lexcis	Directory Listings	\$ 25.84
Clay County Treasurer	Property Taxes	\$ 69.00
Cleveland, Chad	Meeting Expense	\$ 44.85
Consortia Consulting	Consulting Contract	\$ 1,410.00



Counsel	Lanier Copier Support	\$ 76.77
Customers	Deposit/Credit Refunds	\$ 446.41
Department of Energy	WAPA Power Bill	\$ 36,548.11
Echo Group	Supplies	\$ 7.69
Employee Benefit Systems	Self-Funding – Administration	\$ 120.00
Employee Benefit Systems	Self-Funding – Claims	\$ 1,044.12
Gray Television Group	Programming Fees	\$ 1,337.50
Hearst Television	Programming Fees	\$ 1,218.28
Horsetech	Shipping Fees	\$ 34.10
ICMA RC	Employee Contributions	\$ 800.00
Internal Revenue Service	Payroll Taxes	\$ 7,124.14
Interstate TRS Fund	TRS Fund Assessment	\$ 213.95
Iowa Association of Municipal Utilities	Meeting Registration	\$ 65.00
Iowa Department of Revenue	Sales Tax	\$ 7,500.00
Iowa Department of Revenue	State Withholding	\$ 1,206.00
Iowa One Call	Locates	\$ 27.00
Iowa Public Employees Retirement System	IPERS Contributions	\$ 4,697.19
Iowa State Auditor	Audit Filing Fee	\$ 250.00
Iowa Utilities Board	IEC/CGRER Assessment	\$ 2,468.00
KTIV-TV	Programming Fees	\$ 798.00
Laurens, City of	Utility Billing	\$ 90,354.37
Laurens, City of	Customer Payment	\$ 6.40
Laurens Food Pride	Cleaning Supplies	\$ 5.35
Laurens House of Print	Paper/Envelopes	\$ 932.43
Laurens Municipal Power & Communications	Communications Bill	\$ 120.59
Laurens Municipal Utilities	Utility Bill	\$ 205.96
Laurens Plumbing	Miscellaneous Supplies	\$ 26.55
Laurens State Bank	Service Charges	\$ 44.80
Laurens Sun	Publications/Advertising	\$ 50.00
Long Lines	Communication Services	\$ 9,315.99
Merchant Bankcard	Credit Card Processing Fees	\$ 631.52
Mid-American Energy	NEAL 4 Operations	\$ 31,000.00
National Cable Television Cooperative	Programming Fees	\$ 13,998.51
National Cable Television Cooperative	Attenuators	\$ 95.11
Nexstar Broadcasting	Programming Fees	\$ 1,090.60
NIMECA	Power Bill	\$ 7,804.90
NIMECA	Property Taxes	\$ 397.50
NIMECA	FERC Filing	\$ 2,440.50
North American Numbering Plan	E911 Numbering Admin Fee	\$ 50.00
Office Elements	Office Supplies	\$ 474.21
Payroll	Salaried, Hourly & Overtime	\$ 20,427.01
PLIC-SBD Grand Island	Life/Disability Insurance	\$ 497.84
Plymouth County Treasurer	Property Taxes	\$ 67.00
Pocahontas County Treasurer	Property Taxes	\$ 4,219.00
Pop Media	Programming Fees	\$ 45.22
Postmaster	Postage	\$ 340.50
Pro Cooperative	Fuel	\$ 139.77
R&D Industries	Network Support	\$ 1,046.17
RB Lumber Company	Supplies	\$ 22.44
Secure Shred Solutions	Paper Shredding	\$ 24.00
Sonksen, Karla	Supplies	\$ 40.43
Stuart C Irby	Locating Flags	\$ 856.00
Tegna	Programming Fees	\$ 1,383.20
US Card Systems	Credit Card Terminal Lease	\$ 29.95
Verizon	Wireless Phone Service	\$ 207.44

Visa	Website WP Encryption Pro	\$	39.99
Webster County Treasurer	Property Taxes	\$	456.50
Wellmark Blue Cross Blue Shield	Group Health Insurance	\$	8,048.09
Woodbury County Treasurer	Property Taxes	\$	1,906.50
Zcorum	Cable Modem Provisioning	\$	797.60
	<b>Total Expenses</b>	<b>\$</b>	<b>269,852.10</b>

Electric Expenses	\$	217,744.77
Communications Expenses	\$	52,107.33
<b>Total Expenses</b>	<b>\$</b>	<b>269,852.10</b>

The Trustees reviewed the Utility Funds Report, Balance Sheet, and Income Statement for September 2020. No specific action was taken.

The Board reviewed the four (4) competitive quotes received on the demolition of the structure just South of the water tower locally known as the "Freezer Building". The quotes received were as follows:

Shamrock Recycling, Inc.	\$29,682.60
AJS Excavating LLC	\$32,000.00
Peterson Contractors, Inc.	\$44,500.00
Vaughn DeLoss Construction	\$46,450.00

Motion by Trustee Storms and seconded by Trustee Runneberg to accept the quote from Shamrock Recycling, Inc. of \$29,682.60 for the demolition of the Freezer Building and to issue a contract to Shamrock Recycling, Inc. for this project. Ayes: All. Nays: None. Motion carried.

Discussion was held on the budget for calendar year 2021. The Board went over cash flow projections for the electric and communications utilities. No specific action was taken.

Discussion was held on the Fiber-To-The-Home (FTTH) Project. The Board acknowledged receipt of the Plans, Specifications, Form of Contract, and Cost Estimate from Oakhill Consulting. The Board then directed the General Manager to start the bid letting and hearing process.

Trustee Storms left the meeting at 2:10 p.m.

The General Manager reported on a few items from the October NIMECA Board meeting. No specific action was taken.

There being no further business, the Chairman declared the meeting adjourned at 3:10 p.m.

Richard Main  
Chairman, Board of Trustees

ATTEST: Chad Cleveland  
Secretary, Board of Trustees