

The Paper

Our Town, Our Paper!



Laurens, Iowa



Vol. 16 No. 50

www.thepapernow.com

May 25, 2022

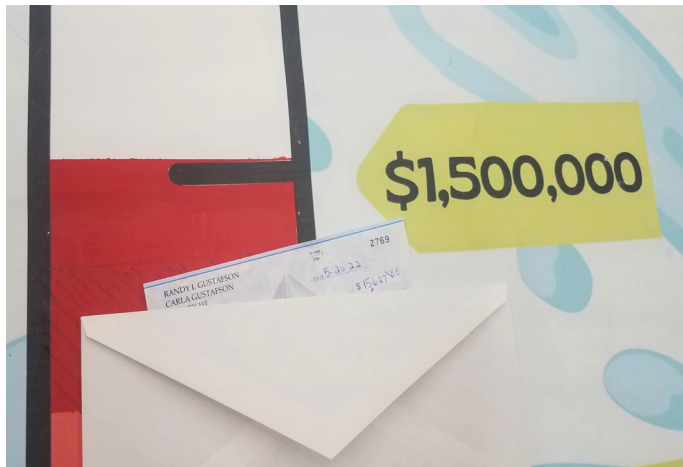
Local News

Pool Progress!

Why is this check for \$15,627.88? Because it's just what the Pool Project needed to bump fundraising over \$1.5 million! Thanks to Randy & Carla Gustafson for this fabulous donation!

Our fund is now at \$1,500,00!! To be a part of this project, send your donation to:

Laurens Pool Project
c/o City of Laurens
272 North 3rd Street
Laurens, IA 50554



Orphan Train Program at the Library

Recently, at the Laurens Public Library, Lori Vicker gave a very informative program about the Orphan Train Movement, which occurred 1854 to 1929 across America.

Rev. Brace started the Orphan train movement with the fundamental belief that every child should have 3 things: Education (until age 14) Faith, and Life Skills or job training. Anyone who accepted a child into their home was required to sign an agreement in this regard.

250,000 homeless children, including the 6,675 who came to Iowa, were documented to have been on the Orphan Trains in these 75 years, but some historians claim there were many more.



2022 Pocahontas County Fair

ALL livestock including pets, dogs, horses, rabbits, poultry, pigs, beef, sheep and goats MUST be in your v2.4online account. All tags need to be purchased from the ISU Extension and Outreach Office Pocahontas County. If you need assistance with your livestock identification, please call 712-335-3103 or lzeman@iastate.edu.

Identifications used for animals:

**Poultry – purchase leg band
from Extension Office**

Rabbit – tattoo

**Dog – must have vaccination
papers**

Pets – name and kind of animal

**Horse – photo in v2.4online.
com**

**Breeding Beef – commercial –
tag and tattoo; purebred – tattoo
and registration papers**

Feeder Calf – tag

Bucket Calf – tag

Breeding Ewe – tag

Breeding Goat – tag

Swine – tag

At the Library with Glenda Mulder May 25, 2022



Guess what?! Summer officially starts (at least in my mind!) this weekend with Memorial Day! Naturally, the Library will be closed Saturday and Monday, so be sure to stock up early.

We had all our fun events last week (a couple L-M classes made their last visits of the year to the Library, evening Tot Time & The Orphan Train program) and this week our only program was Book Club on Monday. This is the time between the school year and Summer Reading, where we take a deep breath, recharge and get ready to “Read Beyond the Beaten Path.” Encourage all the kids in your life to join us Wednesdays at 1 p.m.!

This week in fiction we received: *Book of Night* by Holly Black, *Book Lovers* by Emily Henry, *Every Cloak Rolled in Blood* by James Lee Burke, *Grand Design, a novel of Dorothy Draper* by Joy Calloway, *Change* by Kristen Miller and *Two Nights in Lisbon* by Chris Pavone.

New nonfiction selections include *One Damn Thing After Another: Memoirs of an attorney general* by William Barr, *Out of the Corner ; a memoir* by Jennifer Grey, *Anna, the Autobiography* by Amy O’Dell and *Killing the Killers: The secret war against terrorists* by Bill O’Reilly.

Dates to Remember

June 27 @ 7 p.m. - Book Club *Being Mortal* by Atul Gawande

June 8- July 27 Wednesdays @ 1 p.m. - “Read Beyond the Beaten Path”

June 29 @ 7 p.m. - Tales of Iowa History with Darrin Crow

On Their Own and OK

ISU Extension and Outreach Pocahontas and Humboldt counties will offer “On Their Own and OK”, a workshop for all youth in 4th, 5th and 6th grade.

This 4-H program is designed to strengthen skills in youth who may care for themselves and/or siblings for short periods of time. On Their Own and OK will be held at the Gilmore City Senior Center in Gilmore City on Thursday, June 9, from 8:00 a.m.-12:30 p.m. The fee for Pocahontas County youth is \$5 for 4-H members and \$15 for non-members. All materials, snacks, and noon meal are included in the fee.

4-H members may sign up in their v2.4online account or paper copy; non-4-H please fill out a paper copy and return to the ISU Extension and Outreach Pocahontas County office no later than May 31. There is limited space so please sign up early, our workshops usually fill up quickly!

If you have any questions, please contact the Extension office at 712-335-3103 or lzeman@iastate.edu, or janeab@iastate.edu

Baby Shower

There will be a Come and Go Baby Shower honoring Sami and Brice Wenell on Saturday, June 4 from 9:30 - 11:30 AM. It will be held at the Evangelical Covenant Church in Albert City, Iowa. Lynn and Jeri Wenell are the happy Grandparents! The "baby" is registered at Target. Instead of a card, please bring a book that you have signed.

Ashton Jeske and Joel Brinkman Wedding Shower

Bridal Shower for Ashton Jeske, bride-elect of Joel Brinkman, will be held on Saturday, June 18 from 9:30-11:00 a.m. at Faith Community Church, 54952 290th Ave., Palmer.

The couple is registered at Target and Amazon.

Cancer Survivors Day
ICE CREAM SOCIAL

.....

Thursday, June 9
4:30 - 6 PM

Come + Go or Come + Stay!
[feel free to bring a lawn chair]

Spencer Hospital Grand Ave Park
Rain Location - inside Abben Cancer Center

.....

Survivors Day is a celebration for everyone, whether you are undergoing treatment currently, a cancer survivor, a loved one, or a medical professional.

This gathering is an opportunity to connect with each other, celebrate milestones, and recognize those who have supported them along the way.

 **Abben Cancer Center**
of Spencer Hospital

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!**

Mini Fun Triathlon Pool Fundraiser * July 9th, 2022 * 7:30 AM

1 Mile Run - 3 Mile Bike Ride - 5 Lap Swim * Start near the library, end near the pool
\$25 individual or \$60 relay



Age Groups:
10-20, male and female
21-49, male and female
50+, male and female
Relay team (one person per leg)



Return registration by May 31st to guarantee a t-shirt. Registration includes the race fee, t-shirt (by guarantee date), and one free drink at Silver Dollar Saloon (non-alcoholic drink under 21, alcoholic drink 21+).

Registration Form: <https://forms.gle/Aygrjd8SyrowtWQP7>

If you would like to help sponsor this event and be listed on the shirt, please fill out the sponsorship form at: <https://forms.gle/Droel2Tjvk2R2zpa6>

PARTY IN THE PARK
Marathon, IA Park

June 4th, 2022

10:00 AM to ??

Car Show

Yard Games

Hot Dogs, Hamburgers & Turkey Filets will be served

11:30 to 1:30

Please Bring a Side Dish, Salad or Dessert if possible.

Also Bring your own Beverage and Lawn Chair

Donations Accepted. Please Send any donations to:

Roxanne Wilken

6680 NW Timberline Drive, Des Moines, IA 50313

Anyone going to the Alumni Banquet should plan to arrive early to spend as much time as possible.

Please RSVP on Facebook or to one of the Committee Members.

Committee Members are: Bonnie Bailey Black, Kristi Koenig, Mike White and Roxanne Wilken

Bring a Yearbook
or Old Photos

Music

Church Celebrating 150 Years with a Scandinavian Coffee

Our Savior's Lutheran Church, Albert City will host a Scandinavian Coffee – or FIKA – on Saturday, June 4, 2022, as part of our pre-celebration of next year's 150th Anniversary.

The Come & Go Coffee will be from 9:00-11:00 AM featuring all the Swedish, Denmark or Norwegian treats your grandmother made; lefse, krumkaka, kringla, ostkaka, etc. There will be a short program at 9:45. All are welcome! A free will donation will help defray the expenses of the celebration next April.

Call Diann @ 712-299-5934 if you have any questions.

Bill Alexander 80th birthday Card Shower

Shhhh... It's a surprise 80th birthday card shower for my dad (Bill Alexander). Please send cards to me by June 8th at my address:
Jessica Baumeister
15305 Nebraska Ave
Omaha Ne 68116

Biggest Little Paper In Town!

Laurens-Marathon Schools Summer Food Service Program

Laurens-Marathon Community School is participating in the Summer Food Service Program. Meals will be provided to all children without charge and are the same for all children regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service. Meals will be provided, at a first come, first serve basis, at the sites and times as follows:

Monday through Friday, June 6 to July 29, 2022

11:30 am to 1:00 pm

Except no service on Monday, July 4, 2022

***Laurens-Marathon Schools, cafeteria, 300 W Garfield St, Laurens, IA
Marathon Community Center, 306 W Attica St, Marathon, IA***

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>, any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

1. Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410
2. Fax: 202-690-7442
3. Email: program.intake@usda.gov

This institution is an equal opportunity provider.

Iowa Non-Discrimination Statement: "It is the policy of this CNP provider not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, age, or religion in its programs, activities, or employment practices as required by the Iowa Code section 216.6, 216.7, and 216.9. If you have questions or grievances related to compliance with this policy by this CNP Provider, please contact the Iowa Civil Rights Commission, Grimes State Office building, 400 E. 14th St. Des Moines, IA 50319-1004; phone number 515-281-4121, 800-457-4416; website: <https://icrc.iowa.gov/>"

**ORDER OF EVENTS FOR
MEMORIAL DAY 2022 – LAURENS, IA**

Start Time – 9:00 Monday May 30, 2022

Welcome – Patricia Bailey

The “Star Spangled Banner” will be sung by an Acapella group ‘SIX’

Opening Prayer – Jean Murray, Lay Minister

Pledge of Allegiance – by EVERYONE

**Battle Hymn of the Republic and God Bless the USA will be sung by
Lee Greenwood.**

SPEAKER – Bill Grice

Reading of the Honor Roll – Patricia Bailey

Youth from Laurens will place the wreaths.

CLOSING PRAYER – Jean Murray

**The color guard is made up of members of our local VFW and
American legion members.**

“TAPS” will be played by Emily Harrold and Shawn Oxenrider

RAGBRAI – Poster Making Workday – June 2

Pocahontas County 4-H will host a poster making workday on June 2 from 9 a.m. to 3 p.m. at the Extension and Outreach Office at 305 N. Main, Pocahontas.

The RAGBRAI committee needs creative welcome posters for the July event. All supplies will be provided as well as lunch! This is a free event with both 4-H members and adults welcome to join in and help us create some welcoming signs for guests into our community.

Please register by calling 712-335-3103 or lzeman@iastate.edu no later than May 27 so we have adequate food and supplies.

Thank you

The family of Doris Sobotka would like to thank everyone for their calls, visits, food and memorials during mom's illness and passing. She was loved by so many and we are forever grateful for your kindness. Thank you!

Joann Kinnetz & family

Nanette Koch & family

Jerry Sobotka & family



FREE MEALS FOR ALL KIDS

****Ages 1-18**
****No registration or identification is required**
****Adults at a fee of \$4.00**

Monday-Friday - June 6 to July 29
(closed July 4)
11:30 AM -1:00 PM

Laurens-Marathon School cafeteria
and
Marathon Community Center, Marathon

Site Contact: Shirley Wilson, Food Service
712-841-5000 Ext. 118 shirleywilson@lm.k12.ia.us
Laurens-Marathon Schools



Laurens GCC

Ladies in Pink Fundraiser Tournament

4-GAL BEST BALL

\$40 per person
Registration: 3:30pm
Starts: 5:00pm

*Prices includes:
Green Fees
Food Provided
Prize Holes

Cart Rental not include in price; let the course know if you will need a cart
712-841-2287

JUN 28

pink
Attire Encouraged

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

Pastor Deb Parkison

Fri., May 27:

AA meeting 7 p.m.-8 p.m. in Wesley Room

Sun., May 29:

Fellowship Coffee @ 9:30 a.m.
Worship @ 10:30 a.m. with Communion

Wed., June 1:

Kentucky mission trip meeting @ 6:30 p.m. at Laurens UMC

Thurs., June 2:

UMW Executive Board Meeting @ 5 p.m.
UMW General Meeting @ 6 p.m.



***This Week at
Bethany Lutheran***

Pastor David E. Klappenbach

Sunday: May 29, 2022

Seventh Sunday of Easter

**WORSHIP TIME CHANGE
FOR THE SUMMER**

9:30 AM ~ Worship

10:30 AM ~ Coffee Fellowship

Tuesday: May 31, 2022

8:30 AM ~ Prayer Group

9:30 AM ~ Tuesday coffee at

Bethany

Thursday: June 2, 2022

6:30 PM ~ Growth & Sharing

Mtg.

7:00 PM ~ Hand Bell Rehearsal

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



***This Week at First
Christian***

Pastor Rev. Rita Cordell

Thursday, May 26

2:00 - 5:00 p.m. - Clothes Closet Open

Sunday, May 29

9:30 a.m. - 5th Sunday Worship in the fellowship hall followed by pizza and donuts (note time change)



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

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

MASS TIMES:

Daily Mass as scheduled in the weekly bulletin

Saturday at 5:00 PM and Sunday at 10:30 AM

Confessions: Saturday 4:15 pm at Resurrection

May is Beef Month: Compare the Labels

Consumers can get their dietary protein from two main sources – animals or plants.

But the nutrition of these protein sources depends on the specific product. Let's compare two patties – one is an 85% lean ground beef patty and the other a Beyond Burger (pea protein) patty.

“The best source of information is the nutritional label on the package, which is overseen by the U.S. Food and Drug administration,” said Beth Doran, beef specialist for Iowa State University Extension and Outreach. “Consumers should use nutrition facts labels to make informed food choices.”

The 85% lean ground beef and Beyond Burger are similar in serving size, calories, and grams of protein. But the composition of the protein varies.

Proteins are made of amino acids. There are ten amino acids that are essential in our diets. Animal sources contain all the essential amino acids and are

considered “complete protein.” Plant sources are often low in one or more essential amino acids, such as pea protein which is low in methionine.

Both 85% ground beef and Beyond Burger supply iron and Vitamin B12.

There are two types of iron – heme iron which is derived from animal products that contain hemoglobin and non-heme iron which is from plant sources. The human body absorbs the most iron from heme sources.

Vitamin B12 is naturally present in ground beef. In Beyond Burger, it is an added ingredient. Research studies have found minimal differences in absorption and retention of Vitamin B12 between natural and synthetic sources of the vitamin.

But there are other differences. Beyond Burger has lower total fat, saturated fat, and cholesterol, which is a plus. But 85% ground beef is lower in sodium and total carbohydrate, which is more desirable.

The 85% lean ground beef has only one ingredient (beef), whereas Beyond Burger contains 23 ingredients.

Price also varies. Currently, as of mid-May, Beyond Beef is about

twice as expensive as the 85% lean ground beef.

How does each taste? And what about the texture? I have my opinions, but I leave it with you – the consumer – to decide which has better flavor, tenderness, juiciness, and palatability.

Send Your News to
The Paper!

www.thepapernow.com

100% User

Generated Content!

Subscribe and
Submit **TODAY!**

Yard and Garden: Growing Okra in Iowa

Tips on growing okra in Iowa

While typically associated with vegetable gardens in the southern United States, okra is a vegetable that can thrive in hot, humid Iowa summers. In this article, horticulturists with Iowa State University Extension and Outreach answer questions about growing okra in Iowa.

Can okra be grown successfully in Iowa? Yes. Okra can be successfully grown in Iowa and other Midwestern states. Okra is a member of the Malvaceae or mallow family. This makes it a great vegetable to introduce to the annual rotation schedule in your vegetable garden because it is not closely related to other common vegetables like tomato, sweet corn, onion, squash, beans or leafy greens. Okra has a similar flower to other plants in this family including cotton, hollyhock and hibiscus. The cream-colored flowers are not as large as a hibiscus but just as ornamental.

Okra performs best in well-drained, fertile soils in full sun. Avoid wet, poorly drained sites. Soil pH is generally not a problem as okra grows well in soils that are slightly acidic to slightly alkaline (pH 6.5 to 7.5).

What are some good okra varieties for Iowa? Several okra varieties are available to home gardeners. These varieties differ in size from 1 to 6 feet tall with most varieties ranging from 3 to 5 feet tall and 2 to 4 feet wide. Fruit varies in color and shape ranging from dark green to purple to almost white with round, smooth, or ridged shapes. Most varieties produce spineless pods.

The best varieties for Iowa are dwarf or early ripening varieties since our growing season is shorter than in the southern US, where okra is more commonly cultivated. Suggested okra varieties for Iowa include 'Annie Oakley II', 'Cajun Delight', and 'Clemson Spineless' all of which have dark green, spineless pods on plants that grow 4 to 5 feet tall. 'Burgundy' is a cultivar with burgundy red pods on 4-foot-tall plants.

When should okra be planted in the garden? Okra can be established by sowing seeds directly into the garden or by setting out transplants. To enhance germination, soak okra seeds in water for several hours or overnight before sowing.

Sow okra seeds outdoors about two weeks after the danger of frost is past. In central Iowa, mid to late May would be an appropriate planting date. Sow seeds 1 inch deep. Space seeds 4 to 6 inches apart within the row. Rows should be spaced 3 feet apart. When seedlings are several inches tall, thin the row so the remaining plants are spaced 1 1/2 to 2 feet apart.

Okra seedlings do not transplant well. When starting plants indoors, sow okra seeds in peat pots. Plant two seeds in each pot. After germination, thin to one plant per pot. Sow okra seeds indoors six to eight weeks before the intended outdoor planting date.

How do I care for okra? Okra loves hot weather and will quickly grow in the heat of summer. Okra can tolerate dry conditions. However, watering may be necessary during extended dry periods. Moisture is especially important during flowering and pod development. During prolonged dry periods, a deep soaking once every seven to 10 days should be adequate.

Before planting, apply 1 to 2 pounds of an all-purpose garden fertilizer, such as 10-10-10, per 100 square feet. When harvesting begins, sprinkle a small amount of nitrogen around each plant. However, avoid heavy nitrogen applications, which may promote vegetative growth and reduce crop yields.

Scout often for aphids. These pests are attracted to okra in large numbers. Manage aphids as soon as they are noticed on leaves and growing points. Dislodging them with a forceful stream of water or applying insecticidal soap often controls aphid populations to adequate levels.

How do I harvest okra? Harvest pods when 2 to 4 inches long. This is usually five to six days after flowering. Use a sharp knife or hand shears. Handle the pods carefully, as they bruise easily. Do not allow pods to get too large. Since the pods develop rapidly, it's often necessary to harvest pods every other day in July and August to pick them before they get too big.

Pods that are more than 5 inches in length become tough and stringy. While the larger pods are still edible, their quality is usually considered unacceptable. Pods that have become too large to use should be promptly picked and discarded. Pods that are allowed to mature on the plant will reduce additional flowering and fruiting.

Some individuals are sensitive to the small spines on the okra's leaves and stems and may develop a rash or itch. Sensitive individuals should wear gloves and a long-sleeved shirt when harvesting the pods.