

The Paper

Our Town, Our Paper!



Laurens, Iowa



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2023

Local News

Bill Meyer Inducted into Iowa 4-H Hall of Fame

Bill Meyer of Pocahontas County was inducted into the 2023 Iowa 4-H Hall of Fame during a ceremony at the 4-H Exhibits Building at the Iowa State Fair on Sunday, Aug. 20. Ninety-one Iowa counties participated this year and selected 127 inductees for their outstanding service and dedication to 4-H. Inductees or their surviving family members were presented a certificate by the Iowa 4-H Foundation President, David Bolte, and Interim State 4-H Program Leader, Mitchell Hoyer, as they were introduced on stage.

Bill Meyer has been involved in some way with Iowa 4-H for the past 60 years. Bill is our go-to person always willing to help with whatever the needs of the Extension Council, Fair Board, and especially our youth need in Pocahontas County. We so appreciate Bill's continued support and willing to serve the residence of Pocahontas County.

Counties select inductees for their exceptional work in contributing to the lives of 4-H members and the overall 4-H program. Many inductees serve as club leaders, youth mentors, fair superintendents or fair board members, Iowa State University Extension and Outreach county council members, county youth council members, fair judges, financial supporters, chaperones or ISU Extension and Outreach staff members. The inductees have demonstrated dedication, encouragement, commitment and guidance to Iowa's 4-H'ers through the years.

"We are honored to recognize these special individuals, for their advocacy and dedication to the Iowa 4-H program," shared Iowa 4-H Foundation Executive Director, Emily Saveraid.

"This is a great way to honor the volunteers and staff across the state of Iowa that generously give their time and talents to foster positive partnerships with our 4-H youth," said Tillie Good, Iowa 4-H staff and volunteer development manager.

The Iowa 4-H Hall of Fame was initiated in 2002 to help commemorate the 100th anniversary of 4-H. A summary of previous honorees was on display at the 2022 Iowa State Fair in the 4-H Exhibits Building. These summaries are also available at the Iowa 4-H Foundation office in the Extension 4-H Youth Building at Iowa State University. Information about previous inductees to the Iowa 4-H Hall of Fame also is available on the Iowa 4-H Foundation website, organized by year and by county. Go to www.iowa4hfoundation.org/ and under the heading "What We Do" select "Recognizing Service" then "Iowa 4-H Hall of Fame."



At the Library
with Glenda Mulder
September 6, 2023

New books recently include: *The Year of Second Chances* by Lara Avery, *Invisible Hour* by Alice Hoffman, *The Things We Left Behind* by Lucy Score and *Royal Christmas* by Melody Carlson. Also, *The River We Remember* by popular author William Kent Krueger. This should be coming soon in Large Print and CD audiobook also. Let us know if you want to be on any of those lists!

Ever wish you could see our monthly Library events at a glance? Well, that wish has been granted! Just go to laurenspubliclibrary.com, click on the “Events” tab and pull up our calendar. This includes adult events, as well as childrens, (color coded, naturally!) including visits from our friends at L-M. This will be updated as new events are added.

September Book Club is reading *The Hate U Give* by Angela Thomas. This was originally scheduled for now because September is Banned Books Month, and this book tops many lists. It also ties in nicely with our August read, *White Fragility*. In this book, sixteen-year-old Starr Carter moves between two worlds: the poor neighborhood where she lives and the fancy suburban prep school she attends. The uneasy balance between these worlds is shattered when Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of a police officer. Khalil was unarmed. But what Starr does—or does not—say could upend her community. It could also endanger her life. Grab a copy of this controversial book today and join our discussion Monday, September 25th.

Speaking of Banned Books, we may have a pop-up program on that topic yet this month... stay tuned!

Dates to Remember

Wednesday, September 6 @ 5:30 p.m. - Tot Time

Monday, September 18 @ 5:30 p.m. - Tot Time

September 25 @ 7 p.m. - Book Club *The Hate U Give* by Angela Thomas

September 26 @ 6:30 p.m. - Card Making with Brenda

November 9 Library Foundation Fundraising Supper & Lucille Ball Program

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Rolfe Welcomes New 4-H Club

A 4-H club will meet in Rolfe this year! All 4th through 12th grade youth are encouraged and welcome to join this group. 4-H is an organization to empower youth to reach their full potential through youth-adult partnerships and researched-based experiences. The club will have a family kick-off meeting on Tuesday, September 12, at 6:00 p.m. at St. Paul's Lutheran Church in Rolfe. All families with 4th through 12th grade children are welcome to attend and learn more about the 4-H organization. A light lunch will be served, so we ask that you register no later than September 11 by calling the ISU Extension and Outreach Pocahontas County at: 712-335-3103 or email: lzeman@iastate.edu.

Laurens Women's Club to Meet

The Laurens Women's Club will meet on Friday, September 8 at Noon for a luncheon and regular meeting at the Odd Fellows Restaurant in Pocahontas. Members are to meet at 11:25 a.m. at the Laurens United Methodist Church and car pool from there. The program will be "Sharing Memories of School Days" with members sharing their thoughts.



Please join us for **Sunday School KICK OFF** on
Sunday, September 10th
from **9:15 a.m.-10:15 a.m.**

at the Laurens United Methodist Church

ALL Cherubs—High School youth are invited!

There will be games, prizes & snacks!



Please join us for a
Welcome Back Potluck
in honor of
Pastor Deborah Parkison
Sunday, September 10, 2023
following the worship service.
Hamburgers & Hot Dogs will be provided!
Please bring a side dish.

Please help us welcome Pastor Deb back for another year of pastoral leadership here at Laurens UMC and express our appreciation for her!

Pocahontas County 4-H Represents at the Iowa State Fair

The following youth represented Pocahontas County at the 2023 Pocahontas County Fair:

Caroline Peterson – Educational Presentation; Julia Kuhn - Extemporaneous Speaking; Micah Kuhn – Share the Fun; Abigail Kuhn – Share the Fun; Hunter Valentine – Clothing Selection at the Awardrobe Event.

Static Exhibits – Joshua Hoffman, Tessa Holtorf, Natalie Sommerlot, Paige Melohn, Alivia Marsh, MaKaylee McCartan, Zoe Kerns, Nicole Panbecker, Ryan Panbecker, McKenna Egertsen, and Colby Bacon received “Outstanding Sewing and Clothing Award” for his quilt.

The following youth exhibited livestock at the 2023 Iowa State Fair: Dawson Svuba – poultry; Beckett Svuba – market beef, breeding sheep, market sheep, market swine, breeding swine; Kaylee Dirks – breeding swine; Isaac Hornor – market swine, breeding swine – Reserve Champion Chester White Breeding Gilt; MaKaylee McCartan – breeding beef – Reserve Champion Red Angus Breeding Beef; Colby Bacon – market beef.

USDA Updates Livestock Disaster Payment Rate to Assist with Heat- Related Losses

Some financial relief is in sight for cattle producers following recent extreme weather conditions. USDA's Farm Service Agency announced it has updated its Livestock Indemnity Program payment rate to support livestock producers in the Midwest who have lost cattle to the high heat and humidity experienced this summer.

LIP provides benefits to livestock owners and some contract growers for livestock deaths exceeding normal mortality from specified conditions, including eligible adverse weather events such as the recent heat domes. Indemnity payments are made at a rate of 75% of the prior year's average fair market value of the livestock.

Beth Doran, Iowa State University Extension and Outreach beef specialist in northwest Iowa, said both weight and color contribute to heat stress in the animals.

"Market weights have increased the past several years, with finished weights for market steers now hovering around 1,500 pounds," she said. "And color also makes

a difference. The darker the hide the greater the heat stress for the animal."

To help indemnify ranchers to reflect a trend toward these higher weights, the 2023 LIP payment rate for beef calves over 800 pounds will increase from \$1,244 per head to \$1,618, an increase of \$374. Producers who have already received LIP payments for 2023 losses will receive an additional payment, if applicable, commensurate with this updated rate.

Recent heat indexes across Iowa the past week have been over 100 degrees Fahrenheit, which is well above the comfort zone of 70 F for cattle. Temperatures over 90 F also are forecast for this weekend. Consequently, Doran said, more counties may qualify for the LIP program.

Producers who lost animals due to recent high temperatures are encouraged to contact their Local Farm Service Agency to see if LIP has been approved for the county and if their loss qualifies for reimbursement," said Doran.

The livestock owner must provide evidence acceptable to FSA that an eligible loss occurred and was directly caused by extreme heat. Notice of this loss must be filed within 30 days of when the loss of livestock was first apparent to the producer.

For details on eligibility and the documentation process, producers should check with their county FSA office immediately.

*This Week at
Bethany Lutheran*

Pastor David E. Klappenbach

Sunday: September 10, 2023
FALL TIME CHANGE BACK
Fifteenth Sunday after Pentecost
9:15 AM ~ Adult SS
9:30 AM ~ Coffee Fellowship
10:30 AM ~ Worship

Monday: September 11, 2023
4:00 PM ~ W/M Mtg.
7:00 PM ~ Hand Bell Rehearsal

Tuesday: September 12, 2023
8:30 AM ~ Prayer Group
9:30 AM ~ Tuesday coffee at Bethany

Wednesday: September 13, 2023
7:00 PM ~ Council Mtg.

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



*This Week at
Laurens United
Methodist Church*

Pastor Deb Parkison

Thurs., Sept. 7:
UMW Executive Board meeting @
1 p.m.
UMW General Meeting @ 2 p.m.
Serving ~ Sue Reese and Wendy
Hopkins, Lesson ~ Linda Olson

Sun., Sept. 10:
Sunday School Kickoff @ 9:15 a.m.
Fellowship Coffee @ 9:30 a.m.
Worship service @ 10:30 a.m.
Welcome back pot luck following
worship service in fellowship hall -
bring a side dish



*This Week at First
Christian*

Pastor Rev. Rita Cordell

Wednesday, Sept. 6
11:30 a.m. - Ladies Lunch at the
Station followed by C.W.F. at the
church
7:00 p.m. - Mission Council

Sunday, Sept. 10
9:30 a.m. - Elder's Meeting
10:30 a.m. - Worship followed with
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

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Prevent Suicide: Spread Awareness, Break the Stigma, Save a Life

*September Is National Suicide
Prevention Month*

Every year in September, mental health advocates, prevention organizations, survivors, allies and community members unite to promote suicide prevention awareness. This is also an opportunity to reduce the stigma that often surrounds the topic of suicide and mental health conditions, said Malisa Rader, a human sciences specialist with Iowa State University Extension and Outreach.

Suicide rates were up 36% from 2000 to 2021 and suicide is the leading cause of death in the United States. According to the Centers for Disease Control and Prevention, in 2021, over 48,000 lives were lost to suicide. That is, on average, one individual every 11 minutes.

“For every one suicide death, research tells us, 275 others have seriously considered suicide,” Rader said.

Although males make up 50% of the population, they account for nearly 80% of all suicides. According to the CDC, people who are age 85 years or older have the highest suicide rates. Suicide is the second leading cause of death in people age 10-34.

What you can do to help prevent suicide.

“Children and youth often struggle with how to cope with stress. Youth

can be particularly overwhelmed when their stress is connected to a traumatic event — like a natural disaster, family loss, school shootings or community violence,” said Rader, who specializes in family wellbeing.

Parents, caregivers and educators can take steps to provide stability and support that help young people feel better. Adults can try to maintain as much of a normal routine as possible.

“Listen to what your child is telling you about their stress and/or fears and watch and listen for changes in behavior. Reassure your child of their safety and know the resources in your community to reach out to,” Rader said.

“Suicide is a preventable kind of death, and one person has the ability to step up and help save a life. Evidence shows that providing support services, reducing access to means of self-harm, talking with the individual about suicidal thoughts, feelings or plans, and following up with the individual we are concerned about can help save a life,” Rader said.

Pledge to learn more and do more to help support your family members, friends or colleagues who may be thinking about suicide. Contact your ISU Extension and Outreach county office to sign up for a Mental Health First Aid training or a Question, Persuade, Refer, (QPR) suicide prevention training. These trainings can help you learn some of the warning signs of suicide such as talking about wanting to die or having no reason to live, fear of being a burden to others, giving away possessions, withdrawing from others, increased use of alcohol or drugs, talking about themselves in past tense and extreme mood swings.

ISU Extension and Outreach also has

resources for dealing with stress on the farm, Rader said.

More resources for suicide prevention.

There are many national hotlines and messaging services if you or someone you know is thinking about suicide:

- 988 Suicide & Crisis Lifeline. Call or text 988 for 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress.
- Veterans Crisis Line. Veterans and their loved ones can text 838-255 or dial 988 then press 1 for to get 24/7 confidential crisis support. Many of the responders are veterans themselves.
- The Trevor Project. Text “Start” to 678-678, call 866-488-7386 or chat at <https://www.thetrevorproject.org/get-help/>. Trained counselors are available 24/7 to support people under 25 who are in crisis, feeling suicidal or in need of a safe and judgment-free place to talk. The Trevor Project specializes in supporting the LGBTQ+ community.
- SAMHSA’s National Helpline. Call 800-662-4357 (HELP) or text your zip code to 435748 (HELP4U) for free, confidential treatment referral and information for individuals and families in need. The helpline is available 24/7, 365-days-a-year and has English and Spanish language options.
- Iowa Concern Hotline. Call 800-447-1985, to reach the ISU Extension and Outreach hotline. Resource services are available 24 hours a day, 7 days per week at no charge. Iowa Concern has access to an attorney for legal education, stress counselors, and information and referral services for a wide variety of topics.

'Talkin' Crap' Podcast Features Latest in Manure Science and Technology

Manure science experts discuss current topics in new podcast

Livestock farmers and those with an interest in the manure industry can expand their knowledge of current issues by listening to the “Talkin’ Crap” podcast.

Hosted by manure experts with Iowa State University Extension and Outreach, this creative and yet practical program addresses the science, technology and best practices in manure management.

Three episodes are available so far, covering “Manure Systems and Carbon Footprints,” “Manure and Spill Response in Iowa,” and “Circularity and Systems Thinking in Manure Management.”

The podcast was initiated by Dan Andersen, associate professor of agricultural and biosystems engineering and extension agriculture engineering specialist at Iowa State. The production team includes Melissa McEnany and Rachel Kennedy, both with the manure applicator certification program with ISU Extension and Outreach.

“Manure seems simple at first – it’s the oldest fertilizer. But even though we’ve been using it for a

while, it still has great mysteries to discover,” said Andersen. “The episodes are 30-minute conversations about all things manure – the how’s, why’s, and what’s that farmers need to know to squeeze every last ounce of value from it. ... We have fun and also include a few jokes.”

Upcoming episodes will feature state regulatory agencies, such as the Iowa Department of Natural Resources, and other experts involved with manure science and manure handling technology.

“Technology is changing, and with it, the way we farm,” said Andersen. “Each episode is a chance to recognize what is happening in the world of manure and help direct the conversation to understand some of the nuances and opportunities that are more important as we demand circular and sustainable food systems.”

Topics discussed during the podcast will help farmers and manure science experts continue to improve their usage of manure.

“Iowa has done a good job recycling manures,” said Andersen. “We want to recognize that, but also push current practice adoption to ensure we continue to be a world leader in the efficiency with which we produce agricultural products.”

Subscribe to the Talkin' Crap podcast and stay tuned for new episodes. Follow on Twitter @DrManure or visit website at www.extension.iastate.edu/immag

New 4-H & Clover Kids Year begins September 1

All youth in kindergarten through 12th grade are welcome to join the Pocahontas County 4-H program. Kindergarten through 3rd grade will join Clover Kids that meet on Saturday mornings once a month. 4th through 12th grade may join a community club. Clubs throughout the county meet at various times and days. Due to the generous support of NEW Cooperative and the Pocahontas County 4-H Endowment youth in Pocahontas County are not charged the statewide enrollment fee. Sign your youth up at v2.4honline.com, if you have any questions regarding sign up or our organization, please contact the ISU Extension and Outreach Pocahontas County at 712-335-3103 or lzeman@iastate.edu

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City Council Minutes

August 21st, 2023

The Laurens City Council met in regular session at the Municipal Building at 5:00 p.m. on Monday, August 21st, 2023. Mayor Rod Johnson called the meeting to order. Present were Council members Hannah Zylstra, John Jamison, Loren Booth Aaron Christenson, Jean Swanson, City Manager Hilary Reed, Public Works Director Julian Johnsen, Deputy City Clerk Joan Hoben, Chief Ben Aschenbrenner, and Officer Sam Richison

Jamison moved to approve the consent agenda consisting of the minutes from the August 7th meeting as amended and the list of claims. Zylstra seconded. All ayes: motion carried.

CLAIMS 08-21-23

A&M SERVICES, INC.	MOPS, RAGS, RUGS	103.86
AFLAC	GROUP INSURANCE	204.38
AMAZON CAPITAL SERVICES	BOOKS & DVDS	59.91
FIDELITY SECURITY LIFE	MONTHLY EYECARE INSURANCE	232.08
B&K EMBROIDERY	CLOTHING ALLOWANCE	122.00
BAKER & TAYLOR	BOOKS	478.41
CENGAGE	LARGE PRINT BOOKS	159.69
GREAT AMERICA FINANCIAL SVC	COPIER LEASE	79.00
DELTA DENTAL	MONTHLY DENTAL INSURANCE	837.46
DEMCO	BOOK SUPPLIES	266.59
FOUNDATION ANALYTICAL LAB	WASTEWATER TESTING	955.25
HEMPHILL LAW OFFICE	PROFESSIONAL SERVICES	109.20
HILARY REED	MILEAGE TO MEETING	32.64
IRS	FED/FICA TAX	6,835.53
IOWA SIGN COMPANY	INTERPRETIVE SIGN	578.25
JOHN DEERE FINANCIAL	PARTS FOR MOWER	133.42
KAKACEK LAWN CARE	SPARYING ROCKS IN PARK	2,850.00
LMPC	MONTHLY PHONE/INTERNET	638.76
LMU	MONTHLY UTILITIES	362.36
LAURENS SUN	RENEWAL OF SUBSCRIPTION	30.00
PFM FINANCIAL ADVISORS, LLC	ANNUAL RETAINER	7,500.00
POCAHONTAS CO TREASURER	PROPERTY TAXES BENZ ADDITION	160.00
POC COMMUNITY HOSPITAL	AMBULANCE SERVICES	23,500.00
POCAHONTAS CO SOLID WASTE	LANDFILL FEE	6,591.10
PRIME BENEFITS SYSTEMS	MONTHLY GROUP INSURANCE	87.50
PRINCIPAL LIFE GROUP	MONTHLY LIFE INSURANCE	871.65
REHAB SYSTEMS INC.	CLEANING STORM SEWER	1,132.50
RICHARDSON SERVICE	CITY PICKUP REPAIRS	668.03
RSM US LLP	TEC SUPPROT	900.00
SHAMROCK RECYCLE, INC.	CURBSIDE RECYCLING	1,895.20
ULTIMATE SAFETY CONCEPTS	SUPPLIES	2,059.23
VERIZON WIRELESS	MONTHLY CELL PHONES	409.15
VISUAL EDGE IT	MONTHLY COPIES	62.13
WELLMARK	MONTHLY HEALTH INSURANCE	9,653.20
ZIEGLER, INC.	EQUIPMENT REPAIRS	267.24
	TOTAL	<u>70,825.72</u>

PAYROLL

8/7/2023

001	GENERAL	11,471.34
210	ROAD USE TAX	1,775.16
600	WATER	2,780.95
610	SEWER	3,015.54
670	GARBAGE	2,460.83

City Council Minutes

TOTAL	<u>21,503.82</u>
PAYROLL TOTAL	<u>21,503.82</u>
PAID TOTAL	<u><u>92,329.54</u></u>

001	GENERAL	46,773.94
110	ROAD USE TAX	2,461.64
112	EMPLOYEE BENEFITS	6,247.61
176	HOMETOWN PRIDE	578.25
600	WATER	10,200.79
610	SEWER	12,531.39
670	GARBAGE	13,535.92
	TOTAL BY FUND	<u><u>92,329.54</u></u>

Discussion was held on a proposed community center with representatives from the community. No action was taken. Reed stated they will meet with the engineers and architects on Thursday for a final review of the pool plans. Booth moved to change the first meeting in September to Tuesday, September 5th due to the Labor Day holiday. Christenson seconded. All ayes; motion carried. Jamison moved to adjourn 5:38 p.m. Zylstra seconded. All ayes. Motion carried.

Rod Johnson, Mayor

Hilary Reed, City Clerk