

# The Paper

Our Town, Our Paper!



Laurens, Iowa



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September 11,  
2024

## Local News

### Laurens Cass of 1964 Holds 60<sup>th</sup> Class Reunion

The Laurens Cass of 1964 held their 60th reunion on August 24th at the Ritz in Arnolds Park. Kathi Hinn hosted a noon lunch at her home on Sunday for the class.

Pictured from left to right: Candy (Peterson) Carlson, Dennis Wright, Patty (Zuercher) Wright, Coni Samsel, Kathi (Mefferd) Hinn, Jill (Oleson) Havick, John Pohlman, Mary Lyn (Menke) Bush, Darrel Wrider, Richard Davis. Not present for the photo was Phil Grove.



***At the Library***  
***with Glenda Mulder***  
***September 11, 2024***

Our twice monthly Evening Tot Times are starting up again in September. They will be at 5:30 p.m. the First Wednesday & Third Monday of most months during the school year. Bring the littles to join Tessa for songs, stories, bubbles and a craft. On Wednesday, September 16 the theme is Pirates!

We will be hosting a Be Scam Smart program this month to help you avoid getting scammed. Tuesday, September 24 at 1 p.m. Local Bank Manager Patrick Sullivan and Pocahontas County Chief Deputy Wes Van Donge will give tips to help fight Phone, Internet, and Banking Scams.

The Library would like to thank Brenda Cleveland & Milissa Frerichs for the years they shared their creative talents for our monthly Card Making Class. They have resigned from this responsibility. Card Class will be discontinued until we find new leaders. If you would like to step into this role, even occasionally, please contact Deb at the Library.

New novels this week include: *Till Death Do Us Part* by Laurie Elizabeth Flynn, *A Pair of Wings* by Carole Hopson, *The Borrowed Life* of Frederick Fife by Anna Johnston, *Once More From the Top* by Emily Layden, *Here One Moment* by Liane Moriarty, *Passions in Death* by J.D. Robb and *The Mesmerist* by Caroline Woods. The Library Board donated *Den of Iniquity* by J.A. Jance in memory of Lois Jirgens, as this was one of her favorite authors.

In nonfiction we received *Imminent: Inside the Pentagon's Hunt for UFOs: The Former Head of the Program Responsible for Investigating UAPs Reveals Profound Secrets* by Luis Elizondo and *Obitchuary: The Big Hot Book of Death* by Spencer Henry and Madison Reyes. Both books are on the Best Seller List.

Book Club Choice this month is also the All Iowa Reads 2024 Book. It's *The Seed Keeper* by Diane Wilson. Our catalog describes it this way, "A haunting novel spanning several generations, *The Seed Keeper* follows a Dakota family's struggle to preserve their way of life, and their sacrifices to protect what matters most." Grab a copy and plan to join our discussion!

**Mark Your Calendar**

September 16 @ 5:30 p.m. - Evening Tot Time – Pirates!

September 23 @ 7 p.m. - *The Seed Keeper* by Diane Wilson

September 24 @ 1 p.m. - Be Scam Smart

October 1 from 3:45-5:00 p.m. - Kids Make & Take – Ghosts

October 1 @ 6:30 p.m. - Take it Tuesday Beaded Indian Corn

October 14 Library Foundation Potato Bar Fundraiser from 5-6:30 p.m.

October 14 Morbid Curiosities an Evening with Edgar Alan Poe @ 7 pm

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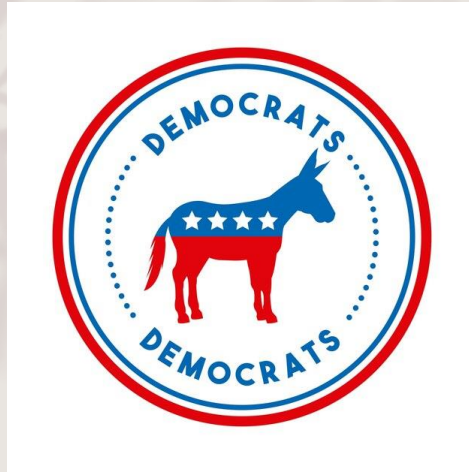
# Pocahontas County Democrats Sponsor Fundraiser

The Pocahontas County Democrats will hold a fundraiser on September 28 at 6:00 p.m. at the Hinde Center in Pocahontas. The featured guest speaker will be Emma Schmit.

Emma Schmit is the Director of the Pipeline Fighters Hub at Bold Alliance, where she connects landowners and communities facing unwanted pipelines with legal, organizing, and technical resources. She has been involved in building resistance to Summit's carbon capture project across the Midwest since 2021.

For this event, a meal of chili and homemade cinnamon rolls with a variety of salads, and desserts will be provided. An auction of garden produce, baked goods, and food mixes in a jar will be held.

Call Helen Beneke at 712-335-3871 for tickets (\$15.00 each).



## Pocahontas County Democrat Fall Fundraiser

**Hinde Center, Pocahontas**

**September 28, 2024**

**Menu:** Chili, homemade cinnamon rolls, salads, desserts

**Auction Items:** Produce, baked goods, & mixes in a jar.

**Guest speaker:** Emma Schmit, a member of the Iowa Democratic Party State Central Committee & Director of the Pipeline Fighters Hub at Bold Alliance

6:00 p.m. - Social Time

6:30 p.m. - Dinner

7:00 p.m. - Speakers

8:00 p.m. - Auction

**Tickets:** \$15 (contact Helen Beneke at 712-335-3871)

# Fall Open House

THURSDAY,  
SEPTEMBER 19TH

12:00-7:00 P.M.

**LIZZIEDOODLE** LLC  
GIFTS & HOME DECOR  
DOWNTOWN LAURENS, IOWA

WEDDING REGISTRY: ●●●●●●●●●●●●●●●●  
Kennedy Tate & Garrett Heater

## ***Erma M. Luchsinger- Rogalla Passes***

Erma M. Luchsinger-Rogalla, age 102, born 3/4/1922 transitioned to a better life on 7/19/2024 where she will be welcomed by many family and friends.

Erma was preceded in death by her first husband, E.H. "Lucky" Luchsinger second husband Ray V. Rogalla, son Ron Luchsinger, granddaughter Amy Maples, grandson Luke Luchsinger, great grandson Kyle Harvey, her parents and 3 sisters.

Erma is survived by daughters Lynn Cunningham (Jim), Chris Jones, Lila Luchsinger and sons Larry Luchsinger (Julie), Jim Luchsinger (Joan), step son Ed Rogalla (Rochelle), daughter-in-law Maureen Luchsinger, 13 grandchildren, 27 great grandchildren and 18 great great grandchildren.

Erma and Lucky operated a farm and seasonal drive in restaurant along with raising 6 children in Laurens, Iowa.

As a widow Erma moved to Lake Havasu City, AZ. 47 years ago where she met her second husband Ray Rogalla. Erma was involved with Our Lady of the Lake Catholic Church in Lake Havasu City.

Erma loved to travel and to honor her and that love a traveling Celebration of Life will be planned for a future date beginning in

Arizona, onto the Kansas City area, then to Des Moines, Iowa, then to her final resting place with Lucky in Laurens, Iowa. Family and friends will be informed when her final trip will be.

In lieu of flowers or gifts please donate to your favorite charity in her memory.



## ***Laurens Women's Club Meeting***

The Laurens Women's Club will meet Friday, September 13 at 1:30 p.m. at the Laurens Public Library. Kristy Mather will present the program "The Bottom Line". Dorothy Long and Elaine Harriman are members of the serving committee.

## ***Tom Lichter at Fonda Arts Center***

One of the area's most talented musicians returns to the Fonda Arts Center on Sunday, September 22nd.

Singer/pianist, Tom Lichter will take the stage at 3:00 p.m. and will perform a variety of popular favorites.

Those of you who have heard Tom do his thing at the piano already know what I mean when I say "he is knock-your-socks-off terrific!!" This promises to be a rousing good time!

Tom is a graduate of Fonda High School where he was very active in choir, band, and played the lead in a production of "Godspell".

Tom now lives near Newell, and performs regularly at Northwest Christian Church in Alta.

All this happening at the Fonda Arts Center on the Northwest corner of Fourth and Main Streets in Fonda. Everyone is welcome!

As always, free admission, free refreshments; donations greatly appreciated

## *This Week at Bethany Lutheran*

**Pastor David E. Klappenbach**

**Wednesday: September 11, 2024**

7:00 PM - Council Mtg.

**Sunday: September 15, 2024**

**FALL TIME CHANGE**

**Seventeenth Sunday after Pentecost**

9:15 AM - Adult SS

9:30 AM - Rally Sunday - 1st day of Youth SS

9:30 AM - Coffee Fellowship

10:30 AM - Worship w/Communion, Installation of Teachers

11:30 AM - Potluck BBQ

3:00 PM - 4-H Club Mtg.

4:00 PM - LCC Service

6:00 PM - Bethany Prayer Group

**Tuesday: September 17, 2024**

8:30 AM - Prayer Group

9:30 AM - Tuesday coffee at Bethany

6:30 PM - CPR / Defibrillator

Training Class

**Wednesday: September 18, 2024**

7:00 PM - Confirmation Class w/ Parents

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



*Biggest Little Paper In Town!*

## *This Week at Laurens United Methodist Church*

**Pastor Deb Parkison**

**Sunday, September 15:**

Sunday School @ 9:15-10:05 AM

Fellowship Coffee @ 9:30 AM

Worship Service 10:30 AM

**Wednesday, September 18:**

Administrative Council Meeting @

7:00 PM in the Wesley Room



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## *This Week at First Christian*

**Pastor Rev. Rita Cordell**

**Thursday, Sept. 12**

2-5 p.m. - Clothes Closet Open

**Saturday, September 14**

10 a.m.-1 p.m. - Clothes Closet Open

**Sunday, September 15**

9:30 a.m. - Sunday School

10:30 a.m. - Worship



## *Resurrection of Our Lord Catholic Church*

**Pocahontas, IA -- Priest:  
Father Paul Nguyen**

**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

## *Suicide Prevention Awareness Month is a Call to Action*

September is Suicide Prevention Awareness Month, a dedicated time to increase awareness about the prevalence of suicide, share information on how to prevent it, and provide support to those affected, says Morgan Newell, a human sciences specialist with Iowa State University Extension and Outreach.

“This month serves as a powerful reminder of the collective responsibility we all share in tackling this critical issue,” said Newell, who specializes in family wellbeing.

Suicide Prevention Awareness Month is a call to action for individuals, communities and organizations to come together and address the profound issue of suicide. In 2022, Iowa was ranked 16th for suicide mortality in the United States, according to the Centers for Disease Control and Prevention.

“With 590 suicide deaths in Iowa in 2022, we are higher than the national rate of suicides in every age bracket,” Newell said. “Each year, suicide rates in Iowa continue to increase, leading to the question: What can we do to help save a life from suicide?”

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,” Newell said.

Iowans can improve their ability to support family, friends or colleagues who might be struggling with suicidal thoughts. ISU Extension and Outreach delivers Mental Health First Aid training as well as Question, Persuade, Refer (QPR) suicide prevention training. To enroll in either training, contact your ISU Extension and Outreach county office.

These trainings can help you learn some of the warning signs that someone may be thinking about suicide, such as expressions of wanting to die, feeling like a burden, giving away belongings, withdrawing from social interactions, increasing substance use, referring to oneself in the past tense and experiencing severe mood swings.

Several national and state hotlines and messaging services are focused on preventing suicide and can be a resource if you or someone you know is in crisis:

**988 Suicide and Crisis Lifeline.** Call or text 988 for 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress.

**Your Life Iowa.** Call 855-581-

8111 or text 855-895-8398 for trained counselors who are available to provide free, confidential support and connect individuals to resources.

**Veterans Crisis Line.** Veterans and their loved ones can text 838255 or dial 988, then press 1 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 on the Trevor Project website. 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 referrals 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.** Call 800-447-1985 to reach the ISU Extension and Outreach hotline. Resource services are available 24 hours a day, seven 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.



## *Safety First Considerations for Early Fall Manure Removal*

As fall approaches, many farmers are evaluating the timing of their manure application. Ideally, ammonium-rich manures are applied when temperatures are cooler (50°F and cooling) to increase the probability that applied nitrogen will still be in the upper soil profile next year when crops are growing.

However, sometimes that's not possible, and applications earlier in the fall may be necessary, according to Daniel Andersen, associate professor of agricultural and biosystems engineering at Iowa State University.

"Whether you're dealing with foam in your manure pits or facing storage capacity concerns after a wet year, applying manure earlier than desired can be justified—especially from a safety standpoint," he said. "Always keep safety as your top priority when dealing with early applications."

"Performing manure removal and agitation when the barn is empty allows you to aggressively agitate, ensuring that solids are thoroughly mixed and removed,"

Andersen said. "It also protects animals and workers from unsafe air quality conditions."

Foam in manure pits is more than an inconvenience, it's a safety hazard. Foam can trap dangerous gases like methane which significantly increases the risk of explosions.

"You need to take action when your pits foam and more than six inches of foam are present," Andersen said. "An ideal time to manage the risk is between turns when your barn is empty, as it allows being more aggressive with your manure agitation, treatment, and removal strategy."

Agitate the manure thoroughly to break down the foam and release any trapped gases. Be sure to maintain high ventilation levels to exhaust the released methane as you do so and to turn off potential ignition sources.

"Hydrogen sulfide (H<sub>2</sub>S) is one of the most dangerous gases associated with manure storage, and it can be lethal at high concentrations," Andersen said. "This gas is produced when manure is agitated, especially after it has settled for long periods that allowed solids to accumulate and anaerobic conditions to intensify."

When these layers of solids are disturbed during agitation, H<sub>2</sub>S can be released in large quantities, posing a severe risk to

both humans and livestock. The publication Hydrogen Sulfide Safety – Manure Agitation, AE3604 describes how to stay safe during manure agitation.

Andersen advises producers to consider using pit treatments that target foam reduction and potentially reset the microbial population in the pit. This can help prevent foam from becoming a recurring problem. For more details see this information sheet.

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## *Growing Together Iowa Fights Food Insecurity*

In Waukee, housing is plentiful, vehicles are newer and, by all appearances, times are prosperous. Yet, tucked along a busy stretch of University Avenue near 92nd Street, hidden by trees, is a nearly 2,000-square-foot garden with fruit trees and raised beds where volunteers work tirelessly to grow and harvest fresh produce for people in Dallas County who are food insecure.

Food insecurity is real, and it's probably happening in your neighborhood, according to Melissa Stimple, executive director of Waukee Area Christian Services, where the garden is located. "Food insecurity doesn't discriminate," she said. "There is no picture of what it looks like."

In Iowa, one in six children is nutrition insecure, as is 11% of the overall population. Statistics such as these highlight the critical need for food pantries and donation gardens in Iowa communities.

Iowa State University Extension and Outreach Master Gardener volunteers are collaborating with organizations across Iowa that work toward hunger relief through Growing Together Iowa projects. The effort is part of extension's nutrition education program, funded by the U.S. Department of Agriculture Supplemental Nutrition Assistance Program Education (SNAP-Ed).

"Volunteers create and maintain gardens and donate the produce to local food pantries, along with recipes and

tip sheets on how to use fresh fruits and vegetables," said Katie Sorrell, project manager for Growing Together Iowa. About one-third of Iowa's 99 counties have a Growing Together Iowa community garden, serving more than 82,000 people monthly, with over 751,000 pounds of fresh produce donated since the program's start in 2016.

Nearly 300 Master Gardeners and 2,000 community volunteers, including youth and families, have volunteered for Growing Together Iowa. "So many people want to help their neighbors," said Stimple. "We've got a great partnership with Iowa State University, Dallas County Master Gardeners and volunteers who get their hands dirty and serve the clients."

"The impact of this program is profound," Sorrell said. "Providing fresh fruits and vegetables to clients improves nutrition and frees up funds for other needs. Because of this program, some counties have created community coalitions to address hunger and have started food pantries in areas where there wasn't access to fresh food."

Because inflation has caused the price of groceries to skyrocket, need at the Dallas County garden site has increased 30% over the past year. "Inflation affects the cost of fresh produce, too," said Julie Lins Robeson, garden coordinator for Waukee Area Christian Services. "Clients are so appreciative and grateful. They get very excited to see what's available."

Clients can pick up fresh produce once a week during the growing season. Onions are the most popular crop, according to Robeson, because most cultures use them in cooking. Other

popular choices are potatoes, green beans, green leafy vegetables such as kale and Swiss chard, eggplant and tomatoes.

Stimple said she remembers an early client who received a tomato at the garden and later described to her how she savored the tomato and made it last as long as she could. "It still gives me chills today," she said. "Someone who is food insecure must make choices at the grocery store. They can't always just go in and get what they need."

Megan Will, Master Gardener coordinator for ISU Extension and Outreach Dallas County, said the garden introduces clients to food choices they might not have considered. "We get people to try new vegetables. We have an herb garden, so they can take home things like basil or rosemary to add a little spice," she said. "We rotate crops and use every square inch to grow as much as we can."

Brittany Bitner volunteers at the garden weekly during the summer with her three young daughters. "It's a great experience to go out and serve together. To be a helper, even if it's for just a short time," she said. "I just love seeing all the produce that starts as a tiny seed turn into beautiful fruits and vegetables for people that need them."

According to Sorrell, fresh fruits and vegetables are the one thing that food pantry clients mention wanting the most. "Everyone deserves the right to be nutrition secure. Growing Together Iowa helps make the healthy choice the easy choice for Iowans," she said.

To learn more about how to get involved in Growing Together Iowa, visit the website or contact Katie Sorrell, [ksorrell@iastate.edu](mailto:ksorrell@iastate.edu).