

# The Paper



*Our Town, Our Paper!*  
*Pocahontas, Iowa*



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February 1, 2012

## Local News

### *County Economic Development Commission & County Foundation Annual Meetings Held Grants Awarded to Local Groups*

The Pocahontas County Economic Development Commission (PCEDC) held its annual meeting on Wednesday, January 25th at the Rialto Theater in Pocahontas. After a brief introduction by Chairman Rolly Svoboda, Pocahontas County Economic Development Director Tom Grau, provided a county-wide economic update, outlining progress made in 2011 and encouraging those attending to work together for greater progress in 2012.

Rand Fisher, President of the Iowa Area Development Group, provided the keynote address which outlined 10 New Year's resolutions

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### *Valentine Gift Bags for the Elderly*

The Fifth grade students of Pocahontas Catholic School decorated gift bags for Valentine's Day. The Valentine bags will be filled with goodies for the elderly shut-ins of the Pocahontas Area.



## *100 Years of Boys' State Basketball Tournaments to be Celebrated*



Since 1912, the Iowa Boys' State Basketball Tournament has offered the state and its fans many exciting moments. In observance of the first 100 years of the tournament, the IHSAA is using the weeks leading up to the tournament and the tournament itself to celebrate the first 100 years.

A special logo commemorating the 100 Year Celebration of State Basketball Tournaments is posted on the basketball page of the IHSAA website. The IHSAA encourages media and schools to utilize use of the logo and the information available on the basketball page of the Association's web site in their coverage of basketball.

Earlier this winter, the Association assembled a blue-ribbon panel consisting of former state tournament coaches; school administrators; veteran fans (some of whom were former players and coaches); members of the media; and game officials to recall "great moments from state tournament games." Independently they arrived at those tournament moments that still shine brightly in their memories.

No pre-set number of moments was given to the Committee. Those that were introduced were included in the draft with some being grouped by commonalities. With such a daunting task, the IHSAA realizes that the committee's "great moments" were not all inclusive. Rather, they are a

compilation of the committee's memories of the first 100 years, 219 championship games, and over 108,000 minutes of action. They constitute a legacy that embodies the richness of education-based interscholastic athletics. It is intended to represent a cross section of the history of the tournament and is presented in categorical and chronological order.

The "Great Moments" can be found on the basketball page of the website. In addition, a plethora of archived information, including every score from the 100 State Tournaments and numerous records and all-time bests, can be found by clicking on the word "Archives" above the red QuikStats banner on the basketball web page.

The IHSAA wants fans to review the "moments" which includes the facilities that have hosted the State Tournament; innovations that were used in the tournament structure, record setting coaches, fans and officials, tournament nuggets and notable firsts, and a chronology of the "state tournament highlights" the committee identified. As they read the information and highlights, they are invited to submit other state tournament moments they recall for consideration for inclusion in the list. Entries need not be from a championship game. Additions for consideration can be emailed to Bud Legg (blegg@iahsaa.org).

Others are welcomed and invited by the Athletic Association to join in the celebration. Media outlets, schools, and private individuals who have photos of past State Tournament games that can be used in the special tournament program, arena displays or video presentations are urged to send them to the IHSAA. Full credit lines for photographs used will be given and all pictures will be returned. The pictures can be emailed to tlatla@iahsaa.org or mailed to the Iowa High School Athletic Association; PO Box 10; Boone, IA 50036-0010.

As the tournament nears, the IHSAA will develop posters, brief video presentations to be played before the State Tournament games, and a variety of displays and activities relating to the celebration of the first 100 years. Activities will be designed to enhance the history of the tournament but not detract from the unique experience this year's qualifiers will have.

Faith. Academics. Service.

**Catholic Schools**

**Pocahontas**

**Catholic School**

*Pocahontas, Iowa*

Catholic Schools Week:  
January 29 – February 5

**2012**

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## *Commercial Ag Weed, Insect, Plant Disease Course Set for Feb. 8*

Pocahontas County will offer the Commercial Ag Weed, Insect and Plant Disease Management Continuing Instructional Course (CIC) for commercial pesticide applicators Wednesday, Feb. 8, 2012. The program will be shown at locations across Iowa through the Iowa State University Extension and Outreach Pest Management and the Environment (PME) program.

Registration begins at 8:30 a.m., and the course runs from 9 to 11:30 a.m. The registration fee is \$35 on or before Feb. 1 and \$45 after Feb. 1. To register, contact Dianne Dirks at the Pocahontas Extension office by phoning 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 1A, 1B, 1C and 10. Topics to be covered include equipment calibration and safe application techniques, drift management, pesticide labels, pesticide stewardship, pests and pest management.

Certified Crop Advisor (CCA) Continuing Education Units (CEUs) in Pest Management will be offered at this program. Any interested participant should bring his or her CCA number.

Additional information and registration forms for this and other courses offered by the PME program can be accessed at [www.extension.iastate.edu/PME/ComAp.html](http://www.extension.iastate.edu/PME/ComAp.html).

## *Town Hall Meetings Planned*

Pocahontas County Farm Bureau is sponsoring town hall meetings with State Senator Jack Kibbie and State Representative Tom Shaw on Saturday, Feb. 11 and Saturday, March 10. The meetings will be held in the meeting room of Pizza Ranch in Pocahontas from 11 a.m. to 12 noon. The public is invited and encouraged to attend.

Participants will have the opportunity to hear from state legislators and also provide feedback on any issues they would like to share.

**RIALTO**

Tickets: \$4-adults \$2-children 12 and under  
7:00 p.m. - 2:00 p.m. Sunday Matinee  
324 North Main St, Pocahontas 712-335-3434

**February 3 - February 9**  
**Sherlock Holmes: A Game of Shadows**  
**Rated PG13**

Showtime: 7:00 nightly - 2:00 Sunday Matinee  
Free Popcorn w/Paid Admission Thursday  
\$2.00 Admission for ALL Monday Evening  
**Coming February 10: Adventures of Tintin**

## *The Paper*

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for the county and its communities. Mr. Fisher proposed that we can all:

- 1.) Volunteer and Get Engaged
- 2.) Thin, Plan and Do
- 3.) Undertake Something Big and Bold
- 4.) Charge Forward Optimistically
- 5.) Challenge the Status Quo
- 6.) Raise Some Dough
- 7.) Be a Spark Plug
- 8.) Market Your Mission
- 9.) Support Staff and Champion Leaders
- 10.) Honor Achievements and Celebrate Success

Following the PCEDC business, the Pocahontas County Foundation distributed grant funds to twenty six-organizations, totaling approximately \$83,000.

## Pocahontas County Foundation Grants 2012

Organization	Project	Amount of Grant Award
City of Gilmore City	tables, chairs & carts for fire station	<u>4,024.00</u>
City of Pocahontas - Police Dept.	2 laptops and 2 AED Units	<u>5,800.00</u>
City of Varina	Shelter for mailbox cluster	<u>1,750.00</u>
Fonda Public Library	1 computer	<u>1,087.00</u>
Ia State Univ. Extension and Outreach	3 Lego Mindstorm kits & software	<u>992.00</u>
Kids Korner	6 cribs (to meet new Federal standards)	<u>1,604.96</u>
Laurens Marathon Comm. School	e-Books (K-12)	<u>5,000.00</u>
Laurens Police Dept.	2 Dell computers & 1 projector for public education meetings	<u>3,944.96</u>
Laurens Public Library	laptop, cart & funding for 6 special programming events	<u>1,550.00</u>
Palmer Public Library	Outdoor book drop	<u>1,951.45</u>

Plover Public Library	1 computer	<u>350.00</u>
Pocahontas Chamber of Commerce	interpretive sign for Princess statue	<u>600.00</u>
Pocahontas County Conservation Board	purchase 8 kayaks	<u>4,880.00</u>
Pocahontas County Fair Association	21 tables at Expo Center	<u>1,000.00</u>
Pocahontas County Health Department	6 quad canes and 2 pair of adult crutches	<u>134.00</u>
Poc. County Home Care Aide Agency	Nurturing Parenting Programs	<u>895.00</u>
Pocahontas Healthcare Foundation	purchase Glidescope	<u>9,137.00</u>
Pocahontas Public Library	purchase audio CD for library	<u>4,770.00</u>
Rialto Theater Commission	neon lights, flashers & chasers for marquee	<u>8,980.00</u>
Rolfe Enrichment Inc. for Rolfe American Legion Cecil Cummins Post 25	purchase ceremonial bugle	<u>530.00</u>
Rolfe Enrichment	"Heritage Park" shelter	<u>2,000.00</u>
Rolfe Park and Recreation Department	Handicapped accessible Pool entrance	<u>4,595.00</u>
Rolfe Public Library	1 staff computer & 1 laptop	<u>1,977.80</u>
Rolfe Rodeo and Saddle Club	chainlink fence, announcer stand, PA system & pass thru concessions warmer	<u>1,855.00</u>
Pocahontas Co Foundation Tree Project	Trees and shrubs to replace damaged/lost trees from storms, plus aged and diseased trees	<u>14,000.00</u>
Amount granted to 25 projects		<u>83,408.17</u>

## *4-H Robot Camp Helps Kids Learn About Robotics Technology*

25 youth found their engineering and creative skills from participating in a "Robot Camp for Kids!" January 21, 2012 sponsored by the ISU Extension 4-H Youth Development Program. The 3 hour 4-H technology camp reached youth from several communities representing Pocahontas and Calhoun counties.

"The workshop experience is designed to build interest in engineering, science, technology and math," said ISU Extension 4-H Youth Field Specialist, Carol Ehlers. In the midst of having fun, the campers learned robot design and mechanics. The camp's challenge activity allowed campers to custom design their robots. The young designers were led by Iowa State University collegiate role models representing the Program for Women in Science and Engineering.

"We know the importance of science and technology is growing," says Carol Ehlers, 4-H Youth Development Specialist, with Iowa State University Extension. "ISU Extension Team is gearing up to help equip youth with the skills they need to enter the 21st-century workplace."

The camp placed participants in small teams to design, build, and test their own autonomous robots using the ROBOTIX system. Robotix is a motorized, futuristic construction system built on principles of real Robotix engineering. With imaginary interlocking, interchangeable parts and motors, the campers powered and controlled their own robot creations.

"Traditionally, girls shy away from exploring math, science and technology opportunities because they don't think they can excel in them, or think school classes are unrelated to what they wanted to do in their lives," said Ehlers. "This fun camp is providing girls and boys with an introduction to technology which is providing opportunities for careers in virtually every field they could hope to pursue."

The "Robot Camp for Kids!" is a part of an Iowa 4-H Youth Program Science, Engineering, and Technology initiative and is sponsored by ISU Extension & Outreach Pocahontas County Extension Office.



Students work with Master Robotics volunteer Greg Ahlrich programming their robot.



The race is on! Children eagerly see if their robot moves as they have programmed them to.

## *Annie's Project - Risk Management for Farm Women Starts March 5th*

Are you a farm woman with a passion for business and involvement? Do you want to learn how to manage risk in your operation? Iowa State University Extension and Outreach in Kossuth and Palo Alto counties are pleased to offer Annie's Project, a course designed to empower women to be better business partners and owners. Farm women will learn how to build networks and manage and organize critical information. During this six session course, you will develop management and decision making skills for your farms. Sessions include brief presentations and extended discussions with women agriculture professionals, topics of importance to your future in agribusiness plus finding the resources available to help you achieve success. Annie's Project meets from 6-9 p.m. at the Iowa Lakes Community College, Emmetsburg Campus Executive Dining Room. Monday Evenings March 5, 12, 19, 26, April 2, and 9 2012.

The cost is \$75 per person. Participants receive software programs, handouts and an Annie's Project portfolio. Course size is limited to 25 people. Pre-registration is due by February 27th. Annie's Project is partially funded by a grant from the USDA Risk Management Agency.

For more information or to register for the program, call the Palo Alto County Extension Office at 712-852-2865 or email Jody Leuer at [jleuer@iastate.edu](mailto:jleuer@iastate.edu).

## *Extension Connection*

*Holly VanHeel, MHA, RD*

### **Energy Bars or Candy Bars in Disguise?**

We have all heard and seen the advertisements on nutrition bars. Whether you need them for energy, weight control or meal replacement, we all need to spend a few minutes to read their label. Who needs to spend time cooking meals if you can load your shopping cart with little bars in various shapes, flavors and colors? Sure, there are satisfying, healthy bars that are easy to grab while you are on-the-go to help you get over the munchies. And you have probably seen the bars that provide key nutrients you want before and after an intense workout. But, there are also many of the bars that contain so much sugar and saturated fat that it has similar nutrients to a candy bar. Sometimes, a candy bar might be a better choice. No matter how healthy and nutritious a bar is, it can not replace eating whole foods. Researchers have discovered that foods contain far more than basic calories, carbohydrates, protein, fat and vitamins. They contain phytonutrients like lutein, lycopene, resveratrol, anthocyanins, beta carotene and many more that play a part in reducing your risk of chronic diseases, including cancers and heart disease. These phytonutrients are responsible for the color, flavor and smell of our fruits and vegetables and work together to maximize the health benefits you obtain. Nutrition bars can't offer the same.

Here is what you should look for when looking at energy or nutrition bars.

- Watch the sugar content. Review the Nutrition Facts Panel and see the total number of grams of sugar listed under the Total Carbohydrate. Keep in mind that four grams of sugar equals one teaspoon of sugar.

- Look out for fiber fortification. Fiber does wonders for our bodies. However, isolated fibers like inulin, chicory extract and oligosaccharides may not provide the same benefit as eating whole fruit or vegetables. Don't substitute fiber-fortified bars to replace your daily fiber needs. Adults need 25 to 35 grams of fiber each day.

- Too much of a good thing. While vitamins and minerals offer us great health benefits, going above and beyond is possible. Some nutrition bars are loaded with high amounts of certain nutrients. Sometimes it is 100 percent of your daily needs. Limit your intake of no more than one bar each day if it contains 100 percent or more of any particular nutrient.

Source: [www.environmentalnutrition.com](http://www.environmentalnutrition.com)

Call me at the Webster County Extension Office, 515-576-2119 with your nutrition and health questions.