

Hope UMC's Kings Kids will be held on Wednesdays

Hope United Methodist Church's faith-based after school program, King's Kids, will be held on Wednesdays at the Pocahontas Center from 3:20-5:15 p.m. with the theme "God's Incredibles." Prep Kindergarten-6th grade are invited to attend. Register by visiting hopeumcia.org or stop at the church office, 306 2nd Ave. NW, Pocahontas, IA from Tuesday-Friday 1-5 p.m. For questions, call the church at 712-335-3663 or Lori Baade at 712-358-0556.

Community Ecumenical Lenten Lunches will begin on March 22

Please join us in the Community Ecumenical Lenten Lunches on Wednesdays from 12 Noon - 1 p.m. March 22 at Hope UMC March 29 at Resurrection Church April 5 at St. Peter's Lutheran A freewill offering will go to Pocahontas Ministerial Association.

Rolfe Lions Club has Vision Aid for Area Residents

Do you have difficulty reading newspaper and letter? The Rolfe Lions Club has Low Vision Readers available for area residents in need of assistance. Contact any Rolfe Lions Club member or call 712-848-3843, 712-848-3284, or 712-335-8060.

Walking at the Expo

You are welcome to walk Monday through Friday from 8:30-9:30 a.m. in the warmth of the Expo Building in Pocahontas. There will be no walking if school is 2 hours late or cancelled due to weather, holidays, or if the Expo building is rented. Everyone is welcome to walk.

Knights of Columbus Fish Fry will be held Friday, March 24

The Pocahontas Knights of Columbus will hold their Friday Fish Fry on Friday, March 24 from 4:30-7 p.m. or until the fish runs out! The fish fry will be held at the Pocahontas Catholic School. For orders to go, call Dean: 712-358-1754. Tickets are \$15 for adults (\$14 if purchased before the 24th), \$10 for children (12 and under).

American Legion Post #18 to hold meeting April 12

The American Legion Post #18 will hold their monthly meeting on Wednesday, April 12 at 7 p.m. at the American Legion Building. Bring your own steak. The Post will furnish the rest.

SUPPORT YOUR LOCAL FOOD BANK

Any donations of items or monetary donations to purchase food, personal products, or meat would be greatly appreciated.

All donated items can be brought directly to the Upper Des Moines Opportunity Outreach office located at 406 NW 7th Street (Hwy. 4), Pocahontas, Iowa.

Upper Des Moines Opportunity thanks you for your generosity and continued support.

Can/Bottle Kennels

The can and bottle kennels are available for your deposits. **Reminder:** only metal cans and plastic bottles are accepted. **Please place your glass bottles in the glass recycling area of the recycling building.**

HAVELOCK AMVETS STAG/STAGETTE NIGHT Thursday, March 30 Happy Hour 6 p.m. | Meal 7 p.m. Ladies Welcome



Bry and John Gustafson cut the ribbon for The Perfect Blend March 17 at their location in downtown Laurens (above). The shop offers blended teas and more. Customers line up at the counter (right) at The Perfect Blend March 17, after the new business held its ribbon cutting. Photos by Joel McCartan

The Perfect Blend brings energizing teas to Laurens

By Erin Sommers pokyrdnews@gmail.com

The first few months of 2023 have been a whirlwind for Bry and John Gustafson of Laurens.

The couple decided right around the new year they wanted to open a nutrition club business, offering teas and protein shakes that offer an alternative to energy drinks.

Bry first tried this kind of energy tea at West Blendz, a nutrition club shop in West Bend. She had to convince John to give the drinks a try, because he isn't a big tea drinker.

But he was quickly hooked, too.

"Every opportunity we got, we would stop in at West Blendz and get a drink," she said. "One day, I thought I should start a club like West Blendz in Laurens."

They started looking for a building. They wanted to be downtown, but there wasn't a lot available. They spoke with Denny Krips, who had just finished remodeling the building at 121 N. Third Street. He'd been using the building as an event venue and agreed to sell it to the Gustafsons.

It was a great fit — the floor, ceiling and walls had already been refinished. The Gustafsons had to build a new room in the back and add the counter

and cupboards. They took possession of the building Feb. 21 and were ready to open just a month later, March 17, when they hosted a ribbon cutting and grand opening with the Laurens Chamber and Boosters.

"We couldn't have picked a more perfect building," Bry said.

The building has had a long history in Laurens — in the 1880s, it was a furniture and hardware store. It may have operated as a post office late in the 19th Century and, in the 1970s, it was the Napa store in town.

The Gustafsons spent quite a bit of time talking with the owners of West Blendz.

"They just coached us the whole time," Bry said. "They're very generous with their knowledge. They've really been there for us, taught us what we need to know. They were more than happy to help."

For people who haven't tried energy teas, think iced, sometimes sweet, sometimes tart, often featuring fruit flavors. The drinks are customizable, with the ability to have more or less caffeine based on a customer's preference, Bry said.

She and John both love the watermelon refresh, which has a watermelon base with cucumber and lime on top. She

also likes the tiger's blood and pink crush flavors.

"It doesn't taste like tea," she said, adding that if customers are thinking of a drink like sun tea or iced tea, that isn't at all what she's offering. Instead, the flavors feature sweet and tart fruits and other notes, with caffeine from blended tea powders and energy powders. "It was something that we both enjoyed and something we thought would be a fresh, new thing for the town. Instead of going out of town for it, why don't we bring it here?"

The shakes have up to 24 grams of protein, she said.

Once things are up and running, Bry will be doing deliveries around town, and The Perfect Blend will also be able to take orders by phone and have those ready when customers walk in the door. Eventually, Bry said she would like to have regularly scheduled visits to Pocahontas.

The Perfect Blend will be open Mondays through Fridays from 7 a.m. to 6 p.m. to start, and from 9 a.m. to 2 p.m. Saturdays. They will be closed Sundays.

The shop also offers Bry a chance to work with the public on a regular basis.

"I love people," she said. "I love being social, which is part of the reason this so appealed to me. You get to see so many faces and engage with so many people through the door."

Corn Growers offer tips for landowners in pipeline easement discussions

By Erin Sommers pokyrdnews@gmail.com

The Iowa Corn Growers Association has some tips for landowners who may find themselves on the route for a proposed carbon capture pipeline.

Pocahontas County's John Schott visited with the Pocahontas County Board of Supervisors late last month to drop off information about the kinds of questions landowners should ask when negotiating an easement with any pipeline company.

"We understand and respect our member's landowner rights and the need for proper protection while also valuing the implementation of carbon capture and sequestration pipelines to lower the carbon-intensity scores of ethanol plants," ICGA officials said in one of the documents. "We know that our farmers have strong feelings on both sides of this decision, making it a difficult one, and respect that landowners have the right to receive just compensation and participate in good-faith negotiations with acquiring companies — including those with the carbon pipeline. We encourage farmers to reach out directly to the pipeline companies to have a conversation."

ICGA officials noted that their documents, provided to members and shared with the media, were not legal advice. Further, they said ICGA farmer-member delegates, at their annual summit in August, approved several policies regarding pipelines. For one, they support the implementation of carbon capture and sequestration, as well as the existing permitting process outlined in Iowa Code for utility projects.

"We believe any land easement taken and then abandoned or not used for its intended purpose, should revert back to the private property owner," the document said. "We support individual landowner protections at the state level with regard to windmills, solar projects, and other physical equipment placed on farmland not regulated by the Iowa Utilities Board."

A guide to landowner easements, available to ICGA members, explains what kind of easements might be involved in such a project, noting the distinction between

pipeline easements, which have a standard 50-foot width, a temporary construction/ workspace easement and an access easement.

The document also lays out things landowners should get in writing with regard to crop damages.

"The agreement should specifically state how damages to growing crops during construction will be calculated," the document said. "Keep in mind the potential that construction could extend beyond one growing season."

The document also covers restoration after construction, as well as mitigation for interference for drainage.

"Some agreements allow the landowner to use the drainage contractor of their choice to do the work at the pipeline company's expense," the document said. "The agreement should specifically address the landowner's rights to maintain and install additional drainage such as underground tile lines so long as there is no interference with the operation and maintenance of the pipeline."

While the payment to farmers is not necessarily included in easement documents filed with county recorders, ICGA officials told landowners that the pipeline companies are not requiring confidentiality for the payment calculations. While pipeline contracts haven't normally included information about legal fees and other landowner costs, including the cost to have an attorney review the agreement itself.

There was another related tip. "Landowners should consider a 'more favorable terms' clause that provides that the pipeline company must offer any more favorable terms to the landowner that may be subsequently offered to other landowners," the document said. "This protects landowners from negotiating in isolation."

Further, the document said the agreement could require the developer to post a bond or any other type of financial assurance for payment of damages and for the cost of restoring the land to farmable condition.

ICGA members can request a copy of the full document at <https://www.iowacorn.org/document-access>

Iowa DNR to begin annual spring burning

The Iowa Department of Natural Resources (DNR) will be conducting prescribed burns this spring on wildlife areas managed by the Iowa DNR's Black Hawk Wildlife Unit, and by the U.S. Fish and Wildlife Service, in Sac, Calhoun, Crawford, Cherokee,

Buena Vista, and Pocahontas counties.

Areas scheduled for burns are Black Hawk Marsh Complex, Burrows Marsh Complex, Tomahawk Marsh, Whitehorse Complex, Sac City Wetland Complex, and Kiowa Marsh

Complex in Sac County; South Twin Lake and Towhead in Calhoun County; Schraeder in Crawford County; Steele Prairie State Preserve, and Nester Stiles State Preserve in Cherokee County; Pheasant Hills in Buena Vista County; and Leo Shimon Marsh, Sunken Grove Complex, Lizard Lake and Stoddard in Pocahontas County.

Prescribed burns are used to improve wildlife habitat, control invasive plant species, restore and maintain native plant communities and reduce wildfire potential and vary in size from a few acres to several hundred acres. Areas are typically burned every one to five years.

Ground nesting birds such as pheasants, mallards, bobolinks, dickcissels and others benefit from habitat improved with periodic prescribed fire. Prescribed burns typically begin mid to late morning and are completed by late afternoon or early evening between late March and early May. Burns will be conducted on a day that meets the objectives and weather conditions defined in the burn plan.

Contact wildlife technicians Jeff Feisel, at 712-330-8414, or Keith Ringler, at 712-330-5685, with any questions or concerns.

Tuxedo Rental Time

\$40 off suggested retail price • Deposit Required PROM STUDENTS: When ordering, register for 1/2 price tuxedo drawing

Hair Cuts & More on Hwy. 4 Wendy Kirchoff, Owner/Stylist 712-358-1712 • 506 NW 7th St., Hwy. 4 N, Pocahontas

Pocahontas County Health Department

COVID-19 Clinics

21 3rd Avenue NE, Pocahontas, IA 50574

Tues., April 11 • 9-11 a.m. & 1-4 p.m.

By Appointment: 712-335-4142

Moderna BIVALENT Booster

*Must be 6 months or older for booster. Must be at least 2 months since last COVID-19 vaccine booster or you have completed your primary series. Can be used as a booster for Pfizer, Moderna, Novavax, or J&J vaccine. Limited quantities. If you have a child that needs the COVID-19 initial or booster, call to make an appointment.

Lunch & Learn "Who would benefit from a calcium score screening CT?" presented by Dr. Sehgal, Cardiologist with Iowa Heart

Tues., April 4 • 12:30-1:15 p.m. Pocahontas Community Hospital Conference Center

1 in 3 adults live with heart disease, and elevated calcium score is a predictor of coronary artery disease. Please RSVP to Pocahontas Community Hospital by Friday, March 31, 2023. A light lunch will be provided.

POCAHONTAS COMMUNITY HOSPITAL An Affiliate of UnityPoint Health 606 NW 7th St., Pocahontas, IA 50574 • (712) 335-3501

Pocahontas Knights of Columbus FISH FRY

Friday, March 24 • 4:30-7 p.m. or until the fish runs out!

Pocahontas Catholic School \$15 Adults (\$14 if purchased before March 24) • \$10 Children 12 & under For orders to go...call Dean: 712.358.1754

Pocahontas Women's Club will be taking orders for...

Sub Sandwiches

Ham & Turkey Club (with Swiss & American Cheese) 5 for \$15.00 Order deadline: Tuesday, April 4, 2023

Pick-Up date: Saturday, April 22 from 8:30 a.m. to 11:00 a.m. PAC High School Main Entrance (South Side)

To order, contact any Pocahontas Women's Club Member or Cheryl Smith 515-321-5515 or Cindy Arnold 712-358-2524

Simultaneous Live & Online Land Auction

Tuesday, March 28, 2023 @ 10 a.m.

Bode Community Center 107 Humboldt Avenue, Bode, IA

Pt NW NE; Pt SE NE; Pt NE SE; Pt NW SE Sect. 24 T-93-N R-30-W Wacousta Twp., Humboldt County, IA 137.67 Acres M/L 132.9 Tillable Acres M/L CSR-2: 79.7

CRP: 2.54 acres \$762 annual pmt \$300/acre EXP: 9/30/32

Property also features a 41' x 100' Quonset w/2 Overhead doors

Open lease for 2023 crop year Closing on or before April 28, 2023 Possession to be given on April 10, 2023

Owners: Walter (Garry) Kraft Estate - Kraft Family

For more information, please contact: Leroy Hoffman 515-341-0874 Jay Bargman 515-341-5418

FARM & HOME SERVICES REAL ESTATE • INSURANCE • APPRAISAL

Pocahontas Summer Recreation Baseball and Softball Registration

Registration is open to children in PK through 6th grade

FIRM DEADLINE to register is Friday, March 24

Forms will be sent home from school. If you need a form or for questions, please email pokysummerball@gmail.com