# Pocahontas KECORD-DEMOCRAT

Official County Newspaper

Wednesday, February 15, 2023 • Volume 143, Number 07





Rick Winegarden, who sells real estate in Pocahontas, Rick Woodley, who sells real estate in Laurens, and Chad Cleveland of the Pocahontas County Housing Committee, discussed the challenges related to building new housing and cleaning up nuisance properties in Pocahontas County. Photo by Erin Sommers

# Panels: No easy solutions for housing and workforce challenges

### By Erin Sommers pokyrdnews@gmail.com

A group of Pocahontas County leaders tackled two big problems facing the county last week a lack of housing and a limited

First up were real estate brokers Rick Winegarden of Pocahontas and Rick Woodley of Laurens, as well as Chad Cleveland, who serves on the Pocahontas County Housing Committee. and James of Roetman Pocahontas Community Hospital. Speaking with attendees of the PoCo Leadership program Feb. 8 at the Career Academy in Laurens. Winegarden and Woodley said there is virtually nothing for sale or rent in either of their communities right now.

It's sad, Winegarden said, but "right now, the only houses that come available are if somebody

dies or if somebody moves away." There's so much demand in Pocahontas that when someone

does die, community members sometimes call Winegarden to ask about that person's house even before he's heard of the

As of last week, Winegarden had just one house listed for sale in Pocahontas. He's been selling real estate here since 1994 and inventory has never been that low, he said.

"It's a very tight market, both on the purchasing and the rental side," Woodley added.

He had one apartment for sale, above a commercial building in downtown Laurens. That's the only active listing he had, he said.

Johnsen, who owns rentals in Laurens, to talk about his experience with offering rentals in the town. The last time Johnsen had a house open up, he had 40 applicants contact him. More than half of them work in Storm Lake and would be willing to commute if they

could just find a house.

The average rental cost around the county has been inching up, Woodley said. Not long ago, houses rented for \$400 to \$500 a month. Now, the prices are closer to \$650 a month, with some even renting for \$850 a month.

Kevin Kerns, who owns rental properties in Pocahontas County, in Humboldt and Sioux City, said he can't find tenants able to afford more than about \$600 a month for rentals here, although the rentals in other communities do draw higher prices. Kerns said he's looked at other options to create housing, Woodley called on Julian including building a small home on a foundation. He just can't make the math work, though. The rental rates wouldn't cover his costs.

There are other challenges to getting new housing, whether that's single-family homes or

See PANELS, Page 04

# **County Foundation** awards \$115k in grants

By Erin Sommers

pokyrdnews@gmail.com Motorists heading through Fonda will see a new, digital sign

making announcements about the town. In Rolfe, visitors will be able

to learn more about John Rolfe, the town's namesake.

Laurens will be able to add shade to parts of the existing pool deck this summer, and then move the shade to the new pool once it's open.

And in Pocahontas, kids will have better signage and signal lights to cross the highway in two spots when leaving or going to school.

It's all thanks to the 2023 Pocahontas County Foundation grants, which were awarded

In all, 22 projects were funded for a total distribution of just more than \$115,000.

The biggest single grant this year went to the Pocahontas Police Department, \$10,000 to help with the new crosswalk

"We are waiting for approvals for the new crosswalk system from the Iowa Department of Transportation," Pocahontas Police Chief Alex Leu said. "The Highway 4 at 2nd Ave NW project can begin and installed once they give us the thumbs up."

crossing, second on Highway 3 between the elementary and middle/high school, will be a little delayed while awaiting more information and DOT approvals, Leu said. The DOT is planning a construction and road improvement project along that portion of the Highway 3 corridor in Pocahontas, and officials will need to ensure they don't need to cut into the curb at the crosswalk before the signal

"I am not sure if they will want to do them both at once or stagger them," Leu said. "As always, thanks to the Foundation, school board, and city for improving the safety for our students and those passing through the city. Once the

system is installed we will follow sculpture of John Rolfe that is up with education for our kids and the public using Highway 3. We hope it provides a safer experience for everyone."

Fonda organizations received three grants this year: \$8,000 for a new digital Fonda sign, \$4,250 for the Fonda All School Memorial and \$3,800 for the Fonda Library for handicap accessible shelving.

The sign will be placed on Highway 7, across from the city pool and park, City Clerk Angela Duitsman said. Work on that should begin in April.

At the school memorial park, a path will be installed around the memorial itself, to allow visitors to walk around the monument and view all of the information there, Duitsman said.

The Laurens pool committee will be able to put the \$5,000 they received to good use.

"This grant enables us to purchase seating and shade structures that are sorely needed at the current pool this year," committee member Glenda Mulder said. "When the new pool is opened in 2024, they will be utilized at the new facility. This grant comes at a perfect time, as it will be matched by an anonymous donor to the Pool

The Laurens Parks and Rec committee also received \$5,756 for a project they called "Holy No Wind Batman.'

Other projects that were funded in Laurens included \$318 for the Laurens Food Pantry and \$5,000 for vehicle stabilization for the Laurens Fire Department.

Laurens-Marathon received \$2,134 for a STEM project.

Rolfe Hometown Pride is commissioning a steel statue of John Rolfe to be displayed in their community, Barbara Bennett said. The organization received \$9,626 toward the project.

"Hometown Pride was in contact with artist Tim Adams of Webster City to create a steel

to be located on the the corner of Main Street and Broad Street," Bennett said. "Besides adding the, 8-10 foot, John Rolfe sculpture to this area, there will be new landscaping done. Highway 15 is being redone starting this year so Main Street and Broad Street will have a new street and new sidewalks, so (it's)

determined yet." The location is where the gazebo currently sits in downtown Rolfe.

perfect time to redo the corner.

A large flower pot on this corner

will be moved to a location not

"Some members when traveling have seen in other communities rustic sculptures," Bennett said. "The idea of recreating a John Rolfe steel sculpture was brought up. Several years ago Mayor, Darlene Brinkman designed a John Rolfe sign for the 6 mile corner. The sign has been gone many years and was recently located and will be the pattern that the designer, Tim Adams, will use. The group is very excited to start this project and wants to thank Pocahontas County Foundation for the award."

Pocahontas County Shooting Sports received \$6,325 to offset the equipment costs for the 29 athletes registered this season, which starts next month. The team partners with Pocahontas Area Community Schools, but does not receive school funding, Coach Diane Olson said.

"We are only funded by grants and donations we receive," Olson said. "We are so grateful to receive grant money this year from the Pocahontas County Foundation." The team will purchase

two additional Garmin Xero Trapshooting trainers as well as a storage container for equipment.

"These amazing technology that capture every shot our athletes take and provide us with instant feedback

See GRANTS, Page 02

### At the Rialto

Palmer, ÍA 1-800-426-0016

19

22

35

35

37

34

Feb. 6

Feb. 7

Feb. 11

Feb. 12

HI LOW PRCP. SNOW

Showing Feb. 17-23 is 'Avatar: The Way of Water" Rated PG-13, Running time: 3 hr. 12 min. Starring: Sam Worthington, Zoe Saldana, and Sigourney Weaver.

Jake Sully lives with his newfound family formed on the extrasolar moon Pandora. Once a familiar threat returns to finish what was previously started. Jake must work with Neytiri and the army of the Na'vi race to protect their home.

Schedule subject to change.

### **COMING SOON:**

"The Amazing Maurice" — PG '80 for Brady" — PG-13 "Ant-Man and the Wasp: Quantumania" — PG-13 'Mummies" — PG

### **AUCTIONS**

Hay Auctions First and Third Saturdays of each month February 18 @ 10:15 a.m. (a) the Fonda Sale Barn Hammen Auction Company Jerry Hammen ~ 712-299-2523 Pocahontas Machinery

Consignment Auction Wednesday, March 8 @ 8 a.m. **Advertising Deadline:** Friday, Feb. 24 Located at 401 1/2 East Elm, Pocahontas, IA

Sale Barn Realty & Auction 401 1/2 East Elm, Pocahontas, IA 712-335-3117 www.salebarn.ncn.net

Acreage Auction Saturday, Feb. 25 @ 10 a.m. 4879 220th Avenue, Albert City, IA Claire Anderson, Owner Sale Barn Realty & Auction 401 1/2 East Elm, Pocahontas, IA 712-335-3117 www.salebarn.ncn.net

# Six-on-Six legacy built through tradition

### By Erin Sommers

pokyrdnews@gmail.com Two new pieces of media are

shining a new spotlight on Iowa's girls 6-on-6 basketball history. First up was an episode of the

99 Percent Invisible podcast that explored the history of the sport. Producer Ellie Gordon-Moershel, a Canadian whose mother grew up in Amana and played 6-on-6 there in the 1960s, used the 40-minute audio story to dig into why the sport was created, why it was designed the way it was and why it flourished in the rural parts of the state. "Our Iowa" magazine,

retired Des Moines Register reporter Jack Hovelson narrows the discussion to the success of the Ware program in the 1950s. Hovelson's late wife, Ruth (Vial) Hovelson grew up in Pocahontas County and attended Ware school

Rachel DeWall goes for a shot in a 1973 basketball game for Pocahontas. The girls at the time played 6-on-6 basketball, a format that was popular and successful in Iowa until changing rules about college sports caused schools to switch to 5-on-5.

Since his retirement in the 1990s, Hovelson has spent a lot of time journaling, continuing to write on topics that interest him. And one topic that really caught his attention was the success of the Ware girls basketball program. His late wife's cousins, Janet and Beverly Leith, were some of the stars of the program in 1954, when, as Hovelson wrote in his article, the team "literally was put on the map" by the girls' trip to Des Moines for the state tournament.

"After knocking off five other northwest-Iowa teams sectional and district the Ware tournaments. Pirates were on their way to the 'Big Dance,' - the Girls State Tournament at Drake University's Fieldhouse in Des Moines," Hovelson wrote in the article, "Where's Ware?" that ran in "Our Iowa."

It was a dream for the girls, one former player told Hovelson.

"We started playing basketball together in third grade and our goal was to make it to the state Beverly tournament," Leith Hopkins told Hovelson.

At the time, there were just 10

couldn't play basketball because of a health issue. Hovelson wrote. The school called up three eighth-grade girls to fill out the roster, while the one high school girl who couldn't play was their cheerleader, along with some of the high school boys.

While the Ware Pirates ultimately fell short of a state title, the girls on the team were proud of their accomplishment, Hovelson wrote.

"That 1954 team literally put its tiny town on the map when The Des Moines Register posed three Ware players Janet Leith, Carol Peterson and Hilda (Honey) Anderson — on the front page holding an Iowa map with a line drawn northwest from Des Moines to Ware," Hovelson

A few weeks ago, in a phone interview from Arizona where he recently settled, Hovelson said he decided to write up two-page remembrance of the Ware Pirates and their basketball prowess because he just thought Iowans might enjoy reading about it.

Girls 6-on-6 basketball may have ended three decades ago, but it remains a story that Iowans love to talk about. "It's unique," Hovelson said.

At the time girls were playing it, Hovelson he wouldn't have considered himself much of a fan, though. He did recall covering one tournament in Rolfe for the Fort Dodge Messenger, though.

"I was sitting on the edge of the stage at one end," he said. "I was keeping score, I was keeping the shot time and I was taking pictures. I happened to take a photo of a girl driving right in front of me."

basketball association liked that photo so much they used it in some of their own materials later, Hovelson said.

The article in "Our Iowa" has created some buzz, he added.

"I've gotten a lot of reaction from it," Hovelson said. "It's a good story about the little town of Ware and those girls who put

See LEGACY, Page 05

Krischel, Lori Pocahontas girls basketball player, is seen playing 6-on-6 basketball against Pomeroy-Palmer in this photo from 1987.





It's that time of year to stop by Hopkins Insurance and review your 2023 Crop Insurance Options! **Call or stop in any time before March 15!** 



216 Front Avenue P.O. Box 804 Pocahontas, IA 50574

Phone 712-335-9915 • Fax 712-335-9918 hopkinsinsurance.com • hopkins@hopkinsinsurance.com





### Hope UMC's Kings Kids will be held on Wednesdays

United Methodist 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.

### ISU Extension's Iowa Concern Hotline is available to call 24/7

Who are you going to call if you have a legal question, need someone to talk to, trying to find a resource, or just feeling stressed? Iowa State University Extension and Outreach's Iowa Concern Hotline (1-800-447-1985) is a toll free number that is available 24/7 for these such problems.

Iowa Concern also has a website with lots of FAO's and information: www.extension. iastate.edu/iowaconcern.

### Rolfe Lions Club has Vision Aid for Area Residents

Do you have difficulty reading newsprint 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-

## **Coffee Cup Chat**

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

and will be meeting twice per conversation with other moms "who get it." Childcare will be provided. We Highway 4, 8 miles south of Pocahontas or 5 miles north of Pomeroy.

### SUPPORT YOUR LOCAL FOOD BANK

would be greatly appreciated.

and continued support.

**EVERYONE** bowls!

<u>Urology Clinic</u>

Bobbi Honkomp ~

Dr. Christ ~ Feb. 20

**Clinic** 

Dr. McGuire ~

Twice per month

Ear, Nose & Throat

Dr. Wellendorf ~ Feb. 20

**Diabetes Education** 

Palmer Amvets Post 95
PORK CHOP STAG



How about joining us for an afternoon or two? It's time for you to mark your calendars and come join us for a Coffee Cup Chat with refreshments and conversation at the Pocahontas Public Library. Starting Wednesday, January 25th we will be putting the coffee pot on so stop by at 2:00 p.m. for a cup and an afternoon of coffee and chatting,. If you are working on a craft project bring it along. The Library will be hosting the coffee hour every Wednesday afternoon (weather permitting) and the last coffee is scheduled for March 15th. So, mark your calendar for January 25th at 2:00 p.m. and join us for coffee, conversation, and great topics to brighten your afternoon. Everyone is welcome at the Pocahontas Public Library!

### Palmer Amvets Post 95 Smoked Pork Chop Stag will be February 21

The Palmer Amvets Post 95 will have a smoked pork chop Stag on Tuesday, February 21 starting at 6 p.m. in the Palmer Community Building.

### Pocahontas Rotary sponsoring blood drive on February 21

Pocahontas Community Blood Drive will be held on Tuesday. February 21st from 12:30pm -5:30pm at the Expo Center, 310 NE 1st Street, Pocahontas.

Your donation will help save your neighbor, a friend, family member or a stranger in our own community. Appointments are encouraged.

Lifeserve: 800-287-4903 or visit: lifeservebloodcenter.org Sponsored by Pocahontas Area Rotary Club

### 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.

### **PANELS:** No easy solutions for housing and workforce challenges

AREA EVENTS/NEWS

multi-family units. Winegarden said a contractor did build some townhomes in Pocahontas a few years ago, but was unable to sell both of the units for close to four years. When contractors can't sell the units, they're paying interest on the loan they took to build the houses, Winegarden said, and that can discourage contractors from speculative housing.

An attempt to create more middle income housing in Laurens a few years ago, via a plan to rehab an empty home, didn't go all that well, either, Woodley said.

"Unfortunately, that project was a disaster," Woodley said.

But there are houses in every town with good bones, he added. Those are houses that could be cleaned up and saved, filled with a family again. Woodley said he's seen those houses, on occasion, be bought and then not used to house anyone, though. One big home in Laurens came with a three-car garage, and when a new owner bought it on auction, he did so solely to use the garage for storage

"If we could do the work and sell the house for the cost of the improvements," that would be a good way to increase housing stock, and more affordable than building new homes, he said.

During a break in the program, Rolfe Mayor Jim Pentico mentioned that his town had 28 empty houses in town, some of which could be saved, if the owners would just agree to sell them. Often, when Rolfe officials do serve notices of a nuisance code violation, the owner will say he doesn't have the money to fix up the property, but he also won't agree to sell for less than an unattainable sum, pointing to housing sales in places like Humboldt, where homes can sell for \$300,000.

"We have a number of houses where the owner refuses to do anything at all," Pentico said. "he rather see it fall down than do something about it."

That's where Cleveland and the county's housing committee has tried to step in.

"We asked all the communities and the Board of Supervisors to basically unify and state that we agree there's a housing problem in the county," Cleveland said. "We want to promote whatever

Cleveland has tried to generate interest in funding someone to

ones. Photo by Erin Sommers review nuisance codes and begin talk to these industries that inspections and enforcement around the county.

Pocahontas County Auditor Kelly Jepsen said the supervisors haven't moved in that direction,

"The county, they don't feel like in the rural areas, they have a nuisance problem," Jepsen

Sure, there might not be as many derelict properties in the rural areas, but they are there, Winegarden said.

"There's a lot of acreages out there in disarray, too," Winegarden said. "You just don't see them because they're five miles out of town."

Cleveland brought possible solution to some of the problems. He said he's researched an organization called Housing 360 that creates a searchable inventory of the buildable lots in a community. When someone new comes to town and wants to build, the program lets them input the criteria for what they want and then tells them where lots are available.

One challenge, several city officials said, was that sometimes when they bring down a derelict home, the lot isn't large enough for a home.

Cleveland had suggestion, particularly for the larger industries, which bring workers into the communities.

"It's not new homes," Cleveland said. "We do not have any quality apartments that people can move into. If we could he found someone who had a

have an interest — they would be putting the people they want in these apartments.'

Grant Wells of Wells Ag, Donovan Speers of Bobalee and Lars Hersom of Fisher

Hydraulics, talked about the efforts they've made to retain employees and find new

Roetman drew a connection between the housing and workforce challenges.

"At the hospital, when we do have a job that pays enough to recruit people from other towns, they ask what housing is available," Roetman said. "The discussion ends really quickly when they look at our housing that's available."

Pocahontas Community Hospital bought a house adjacent to the hospital, for oncall staff to use, Roetman said. Wells Ag, in the rural Fonda area, has also invested in housing for employees.

That's just one way that Pocahontas County industries have been working to make it easier to expand their workforce, Wells Ag founder Grant Wells said. He joined Donovan Speers, the human resources director at Bobalee in Laurens, and Fisher Hydraulics Plant Manager Lars Hersom for the second conversation.

All three companies have been hiring and expanding, although all three also had to review some of their hires at various points over the past few years. Wells said the first plant manager he hired in 2009 didn't work out, and Wells found himself reconsidering how and who he hired. Instead of just placing an ad and hoping to get someone for the lowest possible wage,

strong work ethic and drive who was unhappy in his current job.

The thought process led him to narrow down what he was looking for in any employee into four concepts that became Wells Ag's core values: self motivation adaptability, accountablity and

efficiency.

When he needed an office manager, he thought about the bank tellers he saw when he would go to deposit checks, and how accurate they were inputting the check info on the calculators without even looking.

"I did my research," Wells said These peopel are underpaid and undervalued."

He offered one of the tellers a job in the office.

Wells has attracted employees from Utah and California. He's also moved employees around within the company when he found that they weren't a good fit for their first role with Wells Ag. When he needed an agronomics salesperson, he first tried to recruit someone already in the job, without any luck. So he reviewed his own contacts again, this time find a car salesman from Newell who had always been attentive, giving good customer service.

"He had zero agronomics degrees," Wells said. "He will be one of our top salesmen this

Speers said Bobalee grew from 113 employees in May to about 150 now, with plans to bring on another 25 as soon as possible. But to make that happen, the company had work to do.

"We had to first analyze the employees we do have," Speer said, adding that attendance policies weren't being enforced. The bad employees will bring

down the good. He found that supervisors didn't always know why an employee wasn't there and they didn't have the employees

phone numbers to call and ask them about the absence. That had to change, Speer said. Add in an improved applicant vetting process, and Bobalee has seen big improvements, Speer said. The company went from

69 percent attendance to 89 percent attendance. The result? January was the highest month for building and shipping in Bobalee history. Hersom said

Hydraulics did some work on its staff, too. The company raised wages, both for existing employees and new ones. I instituted an attendance bonus, which can reach \$5,000 for a full year of good attendance. Company officials

working to add a third shift that will bring in another 20 or so employees - to relieve the burden on the existing employees. Fisher employees have been working a lot of overtime, but that's because demand for their hydraulics cylinders is high. Competition is high, too, though, he said, and if Fisher can't follow through, customers may look to China, where factories are also competing for the same business.

"The demand is there, so we have to be doing what we're doing," Hersom said.

put an

emphasis on workplace culture "A lot of Millennials want to

Wells said he's

feel like they have a purpose and they're making a difference,' Wells said.

He gave his employees a motivation study and found that for most of them, pay wasn't the top motivating factor.

"Identify what lights your people's fire and light them,' Wells said. "People are so capable, beyond our belief, if we motivate them, put them in the right seats and delegate.'

**80± Acres • Pocahontas County, Iowa** Farmers National **MCompany** 

Live Event: Tuesday, February 28, 2023 at 10:00 AM Pocahonias County Expo Center 310 Northeast 1st Street . Pocahortas, lowa

ONLINE SIMULCAST BIDDING: Bidding starts Sunday, February 26, 2023 at 8:00 AM Bidding ends Tuesday, February 28, 2023 at close of live event To Register and Bid on this Auction, go to: www.FNCBid.com

-- High quality Pocahontas County farm --- Windmill and CRP income --- Excellent appeal along Highway 7 ---- Open lease for 2023! --For more information on property details, please contact:

Colin Hogrefe, AFM/Agent • Sioux Rapids, Iowa **Phone: (712-299-5276** CHogrefe@FarmersNational.com • www.FarmersNational.com/ColinHogrefe

www.FarmersNational.com Real Estate Sales • Auctions • Farm and Ranch Management • Consultation raisals and Valuations • Insurance • Oil, Gas, and Renewable Energy Manage Forest Resource Management • National Hunting Leases • FNC Ag Stock



Morning Coffee. We're There. Perk up with informative

news articles on current events when you subscribe.

218 N. Main St., Pocahontas, IA 712-335-3553 | recorddemocrat@gmail.com

JOURNAL

**Kerry Peterson** Steve Baade

Check us out at

### www.Hundertmarkauction.com and Facebook for upcoming auctions and pictures.

### FIREARMS, FISHING, AND SPORTING GOODS AUCTION

Located at Hundertmark Auction Building, Hwy 169 N. Humboldt, IA

Sun., Feb. 19, 2023, at Noon

Storm date: Saturday February 25th, announcements on Facebook page.
Selling: Rifles, Shotguns, Handguns, and reloading tools and supplies \* Several fishing poles, reels, and collectible reels include ing Garcia, Pflueger rods and reels, collectible and usable \* Some tackle \* collectible tools \* pocket knives and more \* farmers caps

### \* ALSO 2001 Yamaha Snowmobile. low miles. DARREL AND MARY SCHMIDT AND OTHERS

**HUNDERTMARK AUCTION SERVICE** 

### Auctioneers: David Hundertmark 515-890-0380 Tom Hundertmark 515-890-0615

Clerks: Hundertmark Auction Service

Terms: Cash or good check day of sale. Not responsible for accidents or theft. No property removed until settled for. - BE Responsible for COVID 19 precautions.

POCAHONITAS COUNTY CATTLEMEN

Saturday, February 25 5 p.m. Social Hour | 6 p.m. Meal Ribeye Steak Dinner - \$25.00 **Pocahontas County Expo Center** 

7:30 p.m. Belt Buckle Auction, **Scholarship Recipient Recognition** followed by DJ Duane Murley

If you are unable to attend the auction and would like to sponsor a belt buckle, reach out to any board member for assistance. Belt buckle proceeds go towards scholarships for high school seniors.

**Pocahontas County Cattlemen's Board Members:** Austin Hauswirth

Al Hauswirth Joe Butcher Levi Gardewine Chance Ferguson

Barry Aden **Justin Bacon Troy Stockwell** 

**Jake Clark** 

**Podiatry** Alicia Heuton ~ Feb. 22 NW IA Surgeons Weekly

Did you know there is free transportation available? Contact MIDAS at 515-573-8145 for transportation to the hospital, Pocahontas or Laurens Clinics. Åvailable Monday through Friday, 7 a.m. to 5 p.m.

ALL CLINICS ARE TENTATIVE. PLEASE CALL AND CONFIRM DATE.

Walking at the Expo
You are welcome to walk
Monday through Friday from

### Pomeroy Covenant Church to host MoM - Missions of Motherhood

Pomeroy Covenant Church is starting a new group called MoM - Missions of Motherhood. This group is open to all area mothers month - 9 a.m. on Tuesdays and 6 p.m. on Thursdays. This will be a time for mothers to gather with other mothers for support, prayer, and hope you can join and invite other moms you know. Pomeroy Covenant Church is located on

Any donations of items or monetary donations to purchase food, personal products, or meat

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

Upper Des Moines Opportunity thanks you for your generosity

Palmer Amvets Post 95

Tuesday, February 21 Starting at 6 p.m. Palmer Community Building

SPRING MIDDLE SCHOOL BOWLING **Short & Flexible 8 Week Program** No Cuts - ALL Students make the TEAM No one rides the bench -

Get your friends together and join the team! JOIN YOUR SCHOOL'S TEAM

\$80/student - includes all bowling and t-shirt Call Wendy at 712-358-1712 Practice schedule and program information packets will be distributed.

Sign up at the Zone now thru February 27 after 4 p.m.



ocahontas. Iowa

712-335-3500



### 606 NW 7th St., Pocahontas, IA 50574 · (712) 335-3501 Outpatient Clinic Schedule

**Cardiology Clinic** Iowa Heart, Dr. Seghal ~ Feb. 21

Ultrasound ~

Feb. 21, 28 **Orthopedic Clinic** 

Feb. 28 Dr. Pick ~ Feb. 16, 23 **Dermatology Clinic Berryhill Center** Ashley Brown ~ Feb. 16 Jamey Gregersen ~

**Toenail Clinic** Tuesdays & Fridays Feb. 17 Caryl Fuoss ~ **Back & Spine Clinic** Wed., Thurs. & Fri.

Pain Clinic Jacob Miller, CRNA ~ Feb. 15, 22

**Wound Clinic** Mondays and Fridays