

INSIDE IOWA

TODAY

News of
Interest

Friday,
March 14,
2014

Growing Tama County



By Heath Kellogg
Executive Director
Tama County
Economic Development

I heard a good cattle buyer joke out at the sale barn. A cattle buyer was checking into the hospital to undergo a minor surgical procedure.

The admissions nurse was filling out the admissions forms and was asking numerous questions about his health, medical history, and other personal information. Finally, the nurse said, "Sir, this is the last question. In the event of an emergency, who should we call?" After several seconds of deep thought, he replied, "911".

As a boy growing on a farm in Massachusetts, Gus took little interest in his studies and consequently left the nearby country school after only eight years (bold but not uncommon back in the 1850's). During that period he was employed in a number of jobs, finally finding full-time work at the age of 14 in his older brother Noble's butcher shop. Two years later, at the age of 16, he opened his own butchering business with the help of one of his uncles who loaned him \$400.

Gus started small by purchasing cattle at the market in Brighton and drove them to Eastham, a lengthy, ten-day journey. With times being tough - necessity became the mother of invention - he began denying his herds water during the last miles of the trip so that they would drink large quantities once they reached their final destination, effectively boosting their sale weight and enhancing his profit.

An astute cattle-buyer, Gus followed the market steadily westward, risking it all by moving his business in 1875 - to join the influx of meat packers setting up shop in Chicago's sprawling Union Stock Yards. Starting from scratch he

See **ECONOMIC**,
page 4B

SOIL AND WATER CONSERVATION

Tama County Soil and Water Conservation District Report

A different kind of "healthcare" taking root in Iowa

By Jay T. Mar
State Conservationist

There's a game-changing movement coming from right here in Iowa. It has broad implications regarding the vitality of our farms, the health of our planet and our ability to feed more than 9 billion people worldwide who will be coming to dinner by the year 2050.

This movement continues to grow thanks to a different kind of healthcare—the health and care of our precious soil.

Previously, we looked at soil in terms of its "quality." But as one farmer observed recently, "Anything can have quality, but only living things can have health." Focusing on "soil health" versus "soil quality" reflects a fundamental shift in the way we now care for our nation's soil.

Practices like no-till, cover crops, rotational grazing, and crop rotations are helping to improve the health and vitality of our soils.

Talk to any Iowa farmer working to improve the health of the soil and he or she will likely tell you that the "aha" moment came upon the realization that soil isn't just an inert growing medium. In fact, the soil is alive and teeming with trillions of microorganisms and fungi that are the foundation of an elegant, symbiotic ecosystem.

This new reality has quietly spawned an agricultural revolution. Increasingly, more and more producers in Iowa and throughout the nation are harvesting a wide range of production, environmental, sustainability and business benefits—on and off the farm—by improving soil health.

USDA's Natural Resources Conservation Service recently launched a new education and awareness campaign titled "Unlock the Secrets in the Soil" to help more farmers and ranchers discover the basics and benefits of soil health—and to encourage the adoption of soil health-improving practices like cover cropping, no-till and diverse crop rotations.

Last year, Iowa farmers grew an estimated 300,000 cover crop acres – a 300 percent increase over 2012.

See **HEALTHCARE**, page 2B

RIGHT- Dale and Connie Whaley of Gladbrook were the recipients of Tama SWCD's 2013 Rural Backyard Conservation Award. The Whaleys moved to their acreage west of Union Grove Lake in 1982. They have added to their acreage's planting each year, beginning with the grove on the homestead's west side. Mature spruce and fir trees help to block the snow in the winter, and the Whaleys continue to add spruce along the north edge of the property. Their shade and ornamental trees include birch, pear, flowering crab, crimson maple, ash, and willow. A large white pine already lived on the property when they moved there. It has a large tubercle at the base that the Whaleys use as a bench to sit on. Dale and Connie have a vegetable garden and several hosta beds as well as raspberries, asparagus, rhubarb, grapes, and apples that they harvest. Their gardens' irises and peonies were transplanted years ago from Connie's grandfather.



NRCS Grazing Specialist Jess Jackson presented at Tama County Women, Land & Legacy's June 3 rotational grazing event. Here the group discusses fencing and stream corridor topics at a new rock stream crossing on the Randy and Melissa Sienknecht farm near Union Grove Lake. They also discussed grazing systems, water sources, cover crops, pasture interseeding, stockpiling forage, cost-share, the Conservation Reserve Program and water quality. Tama County WLL has held 20 events since it began in 2007. Planned 2014 events include farm leases, local production and "Rotational Grazing 102." All WLL events are free and open to the public, both women and men. Watch your local paper for more 2014 event information.



Soil & Water Conservation District board members are publicly-elected volunteers who serve four-year terms. Tama SWCD's 2013 commissioners included (left to right): John Kopriwa, Traer; Jan Wobeter, Toledo; Lou Ellen Brown, Tama; Jeff Bruene, Gladbrook; and Dean McKenna, Dysart. Not pictured: appointed Assistant Commissioners Jennifer Vazquez and Chad Mussig, also volunteers.



Recognizing the conservation efforts of Iowa agriculture

Appraisal & Real Estate Services Traer - 319-478-2990	Buckingham Co-Op Buckingham - 319-478-2331	Wobeter Realty Toledo - 641-484-8989	Weber's Plumbing, Heating & AC Dysart 319-476-2590
Tama/Grundy Publishing •Tama •Toledo •Traer •Dysart •Gladbrook •Reinbeck	Dr. Dori Rammelsberg, Chiropractor Dysart - 319-476-4567	Scharnweber Water Conditioning, Inc. Toledo - 641-484-3923	L. L. Owens Traer - 319-478-2710
American Family Insurance Toledo 641-484-3331	Farmers Savings Bank & Trust Traer- 319-478-2148	Tama County Mutual Insurance Association Traer - 319-478-2710	Wrage Realty Dysart -319-476-7070
OK Tire Tama- 641-484-3202	State Bank of Toledo Toledo - 641-484-2980	Tama Paperboard Tama- 641-484-2884	Tama Benton Co-op Dysart 319-476-3666
Kenkel Law Office Toledo - 641-484-8899	Goos Implement Gladbrook - 641-473-2403	Town & Country Vet Clinic Dr. Rick Cooper Dr. Christi Downs Tama- 641-484-4086	Benda Ag Service Elberon - 641-489-2946



2013 4-H and FFA projects in agriculture and natural resources were honored with monetary awards: (left to right) Layne Murty, 4H Crop Production; Rachel Scarf, 4H Environment/Sustainability; Tyler Wraga, 4H Environment/Sustainability; Hunter Filloon, 4H Environment/Sustainability; Erin Filloon, 4H Environment/Sustainability; Rachel Silhanek, 4H Environment/Sustainability. Not pictured: Allen Heise, 4H Agriculture/Natural Resources; and Amy Novotny, FFA Crop Production.



Tama SWCD's 2013 Owner-Operator Award was presented to Mike and Nancy Snider of Traer. Mike farms full-time and has an LG seed dealership while Nancy helps with the farm operation and homeschools their sons. Mike also served the District as a commissioner, beginning as an assistant in 2004 and then as an elected board member 2005-2012. The Snider farm has been in continuous no-till since 1998. Starter fertilizer is applied with the planter and 28% nitrogen and sulfur are sidedressed so less nitrogen is required. The operation also has grassed waterways, wildlife areas, CRP riparian strips along the streams and 15-20 acres of grassed headlands. The Sniders have also used a variety of cover crops for the past four years. Pictured are (clockwise from top) Mike, Ryan, Nancy, and Aaron Snider. Photo provided by the Sniders.

ANNUAL FINANCIAL REPORT and ACCOMPLISHMENTS Tama County Soil & Water Conservation District

Fiscal Year 2013-2014

Operating Expenses

Allocation from the Division of Soil Conservation – Iowa Department of Agriculture and Land Stewardship July 1, 2013	\$2000.00
Office Expenses	\$92.99

Commissioner Expenses

CDI Dues	\$294.84
Postage	\$510.00
Balance as of January 1, 2014	\$96.74
	\$556.02

State Cost Share Program

Allocation from the Division of Soil Conservation – Iowa Department of Agriculture and Land Stewardship July 1, 2013	\$89,526.39
Spent or Obligated on Practices	\$64,821.24
Balance as of January 1, 2014	\$24,705.15

Resource Enhancement & Protection Program

Allocation from the Division of Soil Conservation – Iowa Department of Agriculture and Land Stewardship for Practices July 1, 2013	\$19,226.14
Spent or Obligated on Practices	\$18,063.16
Balance as of January 1, 2014	\$1,162.98

Allocation from the Division of Soil Conservation – Iowa Department of Agriculture and Land Stewardship for Forestry and Native Grass Practices July 1, 2013	\$12,025.75
Spent or Obligated on Practices	\$12,025.75
Balance as of January 1, 2014	\$0.00

Conservation Applied to the Land

Cover Crop – State Cost Share	715 ac
Cover Crop – Water Quality Initiative	354 ac
Cover Crop – Union Grove Watershed	259 ac
Conservation Cover	272 ac
Contour Buffer Strips	9 ac
Critical Area Planting	46 ac
Filter Strips	22 ac
Grassed Waterways	21 ac
Pond	1 each
Prescribed Grazing System	407 ac
Seasonal High Tunnel Systems	2178 ft ²
Stream Crossing	1 each
Terraces	450 ft
Tree Planting	5 ac
Waste Storage Facility	1 ea
Water & Sediment Control Basin	3 ea
Watering Facility	4 ea
Wetland Restoration	227 ac
Windbreaks	6 ac



NRCS Soil Conservationist Hilary Olson's last day serving in the Toledo Field Office was November 27. She now works in the same capacity in Nevada's NRCS office. Hilary is shown here teaching students about soils at Tama SWCD's 5th Grade Outdoor Classroom last May. 79 fifth graders from Gladbrook-Reinbeck and North Tama spent the day rotating through classes on fish biology, chemicals in the environment, nature, forestry, soils, wildlife, water quality and fishing and boating safety.



Tama County Humane Society's Pet of the Week



ISIS: A sweet, friendly pit bull mix. Ready for adoption!!!

Visit the Tama County Humane Society on Saturdays from 9 am - Noon 1400 E. 5th St., Tama or call 641-481-7001 to make an appointment

This Pet of the Week is sponsored by

Tama/Grundy Publishing
220 W. Third St.
Tama
641-484-2841

Tama SWCD's 2013 Established Windbreak Award was presented to Mark and Kerry Kucera of Toledo. Miraculously, the Kucera windbreak survived the derecho windstorm of July 2011 with minimal damage, losing only five trees to the storm. The Kucera farmstead includes Austree willow, poplar, dogwood, arbor vitae, concolor fir, Black Hills spruce, Colorado blue spruce and an assortment of hardwoods and shade trees.

Healthcare, continued from page 1B

cover crop acres – a 300 percent increase over 2012. NRCS is committed to assist these soil health pioneers – and to help make their farms more productive, resilient and profitable along the way.

As we face mounting production, climate and sustainability challenges, we believe there is no better time to make a long-term commitment to improve the health of our living and life-giving soil. The promise of our future depends on it.

Jay T. Mar is the State Conservationist for USDA's Natural Resources Conservation Service in Iowa.

For more information on soil health visit: www.nrcs.usda.gov

Celebrate St. Paddy's Day with us!

March 15th, 2014

Lincoln Amvets Hall

Lincoln, IA

Door Prizes

50/50 raffle

Shake your Shamrock to

Milk & Honey

8:30 - 12:30

Soup, Salad & Breadsticks

5 til 7

Silent Auction 5 til 9

Live Auction 7:00

Featuring

- 2 night cabin rental at Union Grove lake. Garwin
- 50+ bags of seed corn, beans and chemicals
- Restonic queen size mattress set. Courtesy of Midwest Sleep, Toledo
- Gun. Courtesy of Redline Firearms, Dysart
- Tarter 12 Panel horse pen with 4 ft. walkthrough Courtesy of Theisens, Marshalltown
- Iowa Speedway Package for 4. Newton
- Grand Harbor Resort & Waterpark. Dubuque
- Couples Massage Courtesy of Windline Stream Spa, Meskwaki Casino Bingo Hotel, Tama and much more

Also, the following gentlemen:

Stacey Barnes

Dalton Behounek

Matt Chevillie

Tanner Hulst

Brady Swenson

Harry Wentzien

will be auctioned off during band intermission

All proceeds benefit Easter Seals Camp Sunnyside



Toledo Field Office
102 Hwy 30W Toledo, IA 52342
641/484-2702 extension 3

Larry Jones, NRCS District Conservationist
Cliff Foster, NRCS Technician
Jeremy Ansel, NRCS Technician
Brittany Eichhorst, District Technician
Melody Bro, District Watershed
Project Coordinator
Rhonda Saunders, shared State Secretary

Be a mimic

By Peter Graham

Mapleton (Iowa) Press

Farmers should become mimics. We're not talking Rich Little or Dana Carvey, either. The U.S. Department of Agriculture says mimicking the ways of nature can harvest the big benefits of healthy soil. Experts want farmers to get down and dirty in their just harvested fields for even healthier soil.

Michelle Banks, a USDA writer, wrote, "In the minds of many, a freshly tilled field is picturesque - clean and ready for the next planting. But according to a soil health expert, what looks good to the eye, isn't always good for the soil - or a farmer's bottom line."

Recently, the USDA Natural Resource Conservation Service (NRCS) has been celebrating the importance of healthy soils, and bringing the message to farmers and ranchers on how they can help care for our soils through such conservation practices as no-till. It isn't pretty but it sure works!

Banks quotes Ray Archuleta, NRCS conservation agronomist, who said, "Nature does not till, which begs the question, why do we?" Chopping stalks in harvested fields and plowing them into the soil was the old conventional wisdom aimed at putting nutrients into the spent soil in anticipation of spring planting. Archuleta said no-till systems combined with cover crops are a better way to go, even if fields look a bit scruffy. They lead to healthier soils that are more drought-resistant, as farmers are finding out in these continually dry times and climates.

Archuleta told Banks there is a financial gain involved in no-till practices, as well. No-tillage, he noted, saves several thousands of dollars per year in fuel, labor and equipment maintenance. "The key," he said, "is to let the soil organisms do the work."

No-tillers know that tillage disrupts the soil ecology, and Archuleta, said Banks, compares soil aggregates to the soil's lungs and circulatory system, providing oxygen for the roots, increasing pore space for water infiltration, and reducing erosion.

Additionally, aggregates are micro-systems that break down residues and bring about nutrient cycling. Since they are located in the top three inches or so of the top soil, any tillage disrupts their work. Any tillage, wrote Banks, "causes organic matter to decompose, resulting in loss of soil carbon." No-till mimics nature, allowing for optimum soil health in fields sown with crop cover.

Archuleta recommends that farmers use cover crops to address "functional soil issues like compaction. Tillage vegetables, such as radishes, grow deep into the soil to break apart compacted areas. Annual ryegrass, crimson clover, winter cereal rye, oats, and other cover crops also do a good job of reducing compaction and retaining moisture in the soil."

Mimicking nature with less harmful practices can mean healthier crops, both now and later, and top soil that will sustain a farm for generations.

Tama SWCD scholarships awarded



Joe Kvidera



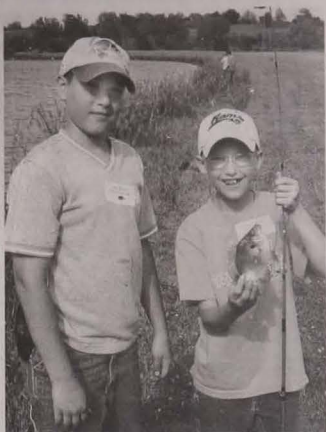
Emily Toennies

Tama SWCD awarded two scholarships in the spring of 2013. Joe Kvidera of rural Dysart received a \$300 scholarship to help begin his studies in Ag Business at Iowa State University.

Joe is a 2013 graduate of North Tama High School and hopes to join the family farming operation and expand its cattle production endeavors. He is the son of Sam and Julie Kvidera.

Emily Toennies, the daughter of Mark and Jackie Toennies of rural Chelsea, received a \$200 scholarship. Emily is a 2013 graduate of Belle Plaine High School and is currently majoring in Animal Science at Iowa State University with a minor in Agronomy.

She wants to work with organic pasture-raised livestock.



Two young men show off their catch from Otter Creek Lake. Tama County Conservation Board is in the planning stages of a lake watershed project in partnership with the Iowa Department of Agriculture & Land Stewardship, USDA Natural Resources Conservation Service, Iowa Department of Natural Resources (IDNR) and Tama Soil & Water Conservation District. A work group of partner representatives is currently drafting a watershed management plan. IDNR has recently completed the lake's Water Quality Improvement Plan.

Union Grove Lake Watershed Project, which began in April 2008, was granted a funding extension in 2013 in order to use up leftover funds. New federal funding which was sequestered will most likely be made available this calendar year so the watershed project can continue through at least June 2015. FY2013 highlights in the watershed include the Humphrey wetland transition to the Iowa Department of Natural Resources and IDNR Lake Restoration's commitment to begin lake restoration in 2014. For more information, contact project coordinator Melody Bro at the Toledo Field Office.



Tama SWCD's 2013 Landlord/Tenant Award was presented to operators Steve and Marcia Koester and Paul and Avriel Koester, all of Gladbrook, and owners Bruce Koester, Newton, and Janice Hoing of Casa Grande, Arizona. Siblings Bruce and Janice own their family farm in the upper reaches of the Union Grove Lake Watershed and continue the conservation legacy begun by their father, Elmer Koester. Part of Bruce and Janice's commitment to that conservation legacy is entrusting their family farm to operators who care for that land as if it were their own. Elmer began installing terraces on the property in the mid-1970s and established a large acreage of grassed waterways. The Koesters carefully maintain all of these conservation practices and also utilize no-till and conservation tillage. Shown here are (left to right) operators Steve, Marcia, Avriel and Paul Koester.

Of 287 entries, Jacob Hill of Dysart created an award winning grocery sack design and won the countywide grand prize in Tama SWCD's 2013 contest celebrating Soil & Water Stewardship Week, April 28-May 5. He was awarded \$10 and an airplane ride over Tama County while a fourth grader at Dysart-Geneseo Elementary. \$5 winners of their schools' grade levels included Mahayla Olson, a third grader from Gladbrook-Reinbeck; Larnell Vazquez, third grade, and Micah Young Bear, fourth grade, at Meskwaki Elementary; Tristen Prouse, a third grader at Dysart-Geneseo; Hannah Hendrix, fifth grade, of North Tama; Payson Gillespie, a third grader at Green Mountain-Garwin; and Molly Savage, fourth grade, of South Tama. The contest's 2013 theme, "Where Does Your Water Shed?" stressed everyone's role in the watersheds they live, work and play in. The District's grocery sack decorating contest is held each spring to celebrate Soil & Water Stewardship Week. Entries are created on renewable paper grocery sacks from five local grocers. Non-winning sacks were returned to the stores to help spread the conservation message during Stewardship Week. Here Jacob is pictured with Dysart-Geneseo's third grade winner, Tristen Prouse.



Southard Implement's Tama facility was honored as the District's 2013 Friend of Conservation for its commitment to the county's Women, Land & Legacy program. Its staff has hosted three program events:

Safety 103: Tractor Safety in August 2009, Farm Machinery Hands-On in September 2009 and Harvest Safety in August 2012. The District gave special recognition to Manager Herk Schmidt, Service Manager Bill Boyd, and Master Service Technician Chad Zaruba for going over and above their normal duties in order to host these meetings. Shown here is Glenda Devick of Reinbeck practicing safe use of hydraulic hoses at the September 2009 event.



Tama SWCD's 2013 Urban Backyard Conservation Award was presented to Allan and Sandra Atchison of Toledo. They have been working on their 4575' backyard for years and continue to add plants and trees. Their plantings include hostas, lilies, creeping phlox, peonies, purple coneflowers, perennial sweet peas, butterfly bushes, bleeding hearts, ferns, daffodils, roses, old-fashioned roses, mums, and hardy hibiscus. Trees include weeping cherry, lilac trees and bushes, Rose of Sharon, blue spruce, and red leaf maple. Besides being beautiful, many of the flower and trees species the Atchisons have chosen also serve as food sources for wildlife. Zinnias are planted every year for butterflies and hummingbirds. Rock paths, mulch, ground cover, and trees help reduce erosion, and a fountain and bird baths provide water sources. Bird feeders and bird houses are up each year because Allan and Sandra love wildlife and the outdoors. Sandra says, "I love to dig in the dirt."



Tama SWCD's 2013 Wildlife Award was presented to Tom and Brenda Fitzgerald. The Fitzgerald property near Montour encompasses 103 acres and is managed for high quality wildlife habitat, recreation, scenic beauty, timber quality, and environmental benefits. Timber stand improvement has been ongoing since 2006 and has improved understory habitat, allowed natural timber regeneration, and improved security cover and browse for wildlife. The Fitzgeralds also plant 2-3 acres of food plots each year in and around the woodland. Some grassy openings are maintained for habitat variety and wildlife viewing. Their perennial wetland area is protected for waterfowl and amphibians. Two years ago, 9 acres of river bottom were planted with hard mast species and sheltered with specialty tree protectors. This area has faced significant flood events from the Iowa River, but the Fitzgeralds are persistent and dedicated to caring for the planting.

FROM OUT OF
THE PAST.....

MARIE K. VILETA

Modern Dance Banned at College

President Brooke, Leander Clark College, Toledo, Iowa, delivered the following address to the student body in February, 1912:

"Young Friends — I come to you this morning with a matter that has been on my heart for some time. It is related most vitally to the future of our college. Before I refer to it specifically, I wish to renew briefly the history of this institution. Two score and sixteen years ago our fathers laid the foundations of this college. They were men of high ideals and strong religious convictions. All down the years the impulse of their unselfish service and lofty purposes have been felt. Their ideals and standards have been handed down from class to class and from father to son, until today we find ourselves in possession of traditions and precedents which are invaluable. Forty-six years of splendid history, the long roll of sons and daughters of deathless fame who have gone forth to positions of trust and responsibility all over the world — these, my friends, are our inheritance, — a legacy beyond price, and it is for us to guard these bequests and hand them down unscathed to those who shall come after us.

"We have many kinds of recreation and amusement which are not objectionable but praiseworthy. The gymnasium, athletic field and tennis courts afford variety sufficient for the amusement and physical development of all, it seems to me. There is, however, a form of amusement which, a few are engaging in that has always been looked upon with disfavor by the students and patrons of this college. I refer to the modern dance.

"I shall not undertake to discuss this question on its merits. I want no controversy. Some of you are here for your first year. I readily understand how some of you can see no harm in this amusement. I observe that you come from many localities.

Economic, continued from page 1B

grew his business again and established himself as one of the dominant figures of "The Yards", and his distinctive delivery wagons became familiar fixtures on Chicago's streets.

It would have been easy to "ride off into the sunset" with all his company's success, but he again risked it all and doubled down to develop the first practical ice-cooled railroad car which allowed his company to ship dressed meats to all parts of the country and even abroad. This ushered in the "era of cheap beef" in the United States.

Gus' meat packing plants were among the first to utilize assembly-line or in this case, disassembly-line production techniques. Henry Ford stated in his autobiography My Life and Work that it was a visit to Gus' Chicago slaughterhouse where he saw the benefit of using a moving con-

ties. You represent different religions - Jew and Gentile - Protestant and Catholic. But you have come to join our college community and on that account, regardless of what your individual opinions may be, I ask you to look at this matter from our viewpoint and discontinue this form of amusement at least while you are members of our student body.

"We have no law against the dance nor would I ask for one. But we have a splendid history we prize; we have traditions beyond price and we have friends and patrons whose good opinion and cooperation are irreplaceable. Therefore, out of respect to the memory of the old fathers who are gone and of the loyal steadfast friends who are living, in harmony with our traditions of more than half a century, I am going to ask all of you who will pledge yourselves to abstain from the modern dance while you are members of our student body to stand to your feet."

It was reported that the entire student body who was present in the auditorium to hear Pres. Brooke speak rose en masse in response to his appeal. Cheers arose and it appeared that those who were enrolled agreed heartily with the pledge.

The Leander Clark College Bulletin noted in the issue in which this appeal was published that after this demonstration, the flag of the college could honorably fly with the flags and ensigns of other Christian colleges who had also banned modern dance.

Think back to 1912. Most of us cannot relate to what was being done in the colleges for amusement and recreation. Surely the "modern dance" of that era was not a wicked diversion but evidently President Brooke and those who sponsored the institution did not view it in that manner. (How would he consider the dancing being done in 1996?)

Reprinted from the March 14, 1996 News-Herald.

veyor system and fixed work stations.

Gus sought innovative ways to use previously discarded portions of the animals his company butchered. This practice led to the wide-scale commercial production of such diverse products as oleo margarine, soap, glue, fertilizer, hairbrushes, buttons, knife handles, and pharmaceutical preparations such as pepsin and insulin.

When Gus died in 1903, his company was valued at between \$125 million and \$135 million, and had a workforce that was more than 21,000 strong.

What an amazing journey by a 16 year old with an eighth grade education and a small \$400 loan. As we build our economy here in Tama County through innovation, I salute the most famous cattle buyer in our nation's history: Gustavus Franklin Swift.

Winter Clearance Sale:

Tropical Tans

50% off all crocs, sandals, purses, clothing and Rhinestone belts...
BoGo Sale on all Nail colors and Hair Products...
(while supplies last)

2501 S Center St.
Nicholas Center Building
Marshalltown

752-4793
9am-8pm

STAR
COOKING..

MARILYN CHIZEK

On March 17, we celebrate St. Patrick's Day honoring St. Patrick, the patron saint of Ireland. People wear green and drink green beer.

On March 19, we celebrate St. Joseph's Day commemorating the life of the foster father of Jesus and honoring all fathers and workers. Czechs honor their national heritage on this day. People wear red and drink red beer.

Corned Beef Loaf

2 (12-oz.) cans corned beef
1/4 C. fine dry bread crumbs
1 (6-oz.) can evaporated milk
2 T. prepared horseradish
2 tsp. prepared mustard
3/4 tsp. garlic powder
1 egg, beaten
1/2 C. chopped pimiento-stuffed olives

1/2 C. chopped celery
Finely chop corned beef; set aside. Soften bread crumbs in evaporated milk. Blend in horseradish, mustard and garlic powder. Add corned beef and remaining ingredients; mix lightly but thoroughly. Pack into a 9"x5"x3" loaf pan. Set in a 350 degree oven approximately 40 minutes, or until thoroughly heated. Unmold onto a warm serving platter. Yield: 6 servings.

Irish Chocolate
Mint Dessert

1 1/2 C. plus 6 T. butter or margarine, divided
2 C. granulated sugar
2 tsp. vanilla extract
4 eggs
1 C. all-purpose flour
3/4 C. cocoa
1/2 tsp. baking powder
2/3 C. powdered sugar
1 T. plus 1 tsp. water
1 tsp. mint extract
4 drops green food color

1 C. dark chocolate chips or semi-sweet chocolate chips
Place 1 C. butter in large microwave-safe bowl; cover. Microwave at MEDIUM 2 minutes or until melted. Stir in granulated sugar and vanilla. Add eggs; beat well. Add flour, cocoa and baking powder; beat until well blended. Pour batter into 13"x9"x2" pressed baking pan. Bake at 350 degrees for 30-35 minutes or until wooden pick inserted in center comes out clean. Cool completely in pan on wire rack. Prepare mint cream center by combining powdered sugar, 1/2 C. butter, water, mint extract and food color in large bowl. Beat until smooth. Spread evenly on brownies. Cover; refrigerate until cool. Prepare chocolate glaze by placing remaining 6 T. butter and chocolate chips in small microwave-safe bowl. Microwave at MEDIUM 1 minute or until mixture is smooth when stirred. Cool

slightly; pour over chilled dessert. Cover; refrigerate at least 1 hour before serving. Cover; refrigerate leftover dessert. Yield: 24 servings.

Potato Dumplings

2 3/4 C. mashed potatoes
1/3 C. flour
1 tsp. salt
1/4 C. fat or cream of wheat
1 egg, slightly beaten
2 tsp. milk

In a large pot bring to a boil 5 qts. water. In a mixing bowl combine mashed potatoes, flour, salt, egg, fat and milk. Mix with a wooden spoon until a smooth paste is formed. Dust your hands with flour and form the mixture into balls about 1" in diameter. Drop the dumplings into the rapidly boiling water and bring to a gentle boil again. Simmer the dumplings for approximately 10 minutes or until they rise to the top. Yield: 12-14 dumplings.

Makovy Dort
(Poppy Seed Cake)

1/3 C. poppy seed
1 C. butter/milk
2 1/2 C. flour, sifted
2 tsp. baking powder
1 tsp. soda
1/4 tsp. salt
1 C. butter or margarine
1 1/2 C. sugar
4 eggs
1/2 tsp. vanilla
Rind of 1 orange, grated
2 T. sugar (mixed with 1 tsp. cinnamon)

Stir together poppy seed and butter/milk. Cover and refrigerate overnight. Next day stir together flour, baking powder, salt and soda. Cream butter and sugar; beat in eggs one at a time. Beat in vanilla and the grated orange rind. Stir in flour mixture in 4 additions, alternately with poppy seed mixture until just smooth each time. Turn half the batter into greased and floured 10" angel food or Bundt pan. Sprinkle with sugar-cinnamon mixture. Add the remaining batter and bake at 350 degrees until the cake tester comes out clean, approximately 1 hour. Cool for 10 minutes. Loosen the edges with a spatula and remove to finish cooling on rack. Cake becomes more moist when stored tightly covered. Keeps well.

We hope you have fun Star-Cooking and eating!

If you have a recipe you would like to share with our readers, please submit it to Marilyn Chizek, in care of the Dysart Reporter, Northern Sun-Print, Reinbeck Courier, Tama News-Herald, or Traer Star-Clipper. We look forward to hearing from you.

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12' rolls

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Call 641-486-2420**

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AMES
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JUNE 3-8
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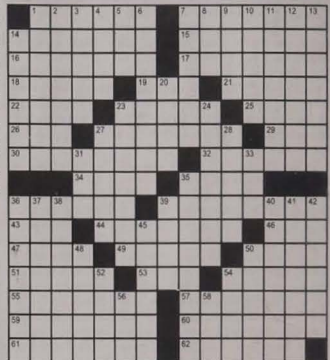
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Keyword: who

Celebrate St. Patrick's



Irish Chocolate Mint Dessert

Inside Iowa Today
Crossword

Across

1. Gobs
2. Makes insensitive due to coldness
14. Colorless, flammable hydrocarbon derived from petroleum
15. Magnetite, e.g. (2 wds)
16. Publicly express approval (var. spelling)
17. Japanese women trained to entertain men
18. Humble
19. Drops on blades
21. Change, chemically
22. Face-to-face exam
23. Any Platters platter
25. Small child (var. spelling)
26. "Come to think of it"
27. Goods carried by train
29. Abbr. after a name
30. Type of writer, e.g. Ralph Waldo Emerson
32. Forces someone out of bed
34. Hawaiian strings
35. Wallop
36. Obscure
39. Intensity
43. Victorian, for one
44. Firm
46. "The Three Faces of ..."
47. Minnesota ____, pool hustler
49. Soft twilled silk fabric
50. Fused materials used in making glass
51. Far Eastern female servants
53. Popular summer sandwich
54. Salad dressing choice
55. Indian bean
57. Run
59. Wearing an ornamental semicircular crown
60. Nuclear
61. Set of eight
62. More nimble

Down

1. Spanish title for a married woman
2. Upright
3. Bikini, e.g.
4. "Poppins"
5. "Star Trek" rank; Abbr.
6. Unnecessary
7. Important person
8. "___ he drove out of sight"
9. Black, as la nuit
10. Not yet solidified
11. Fabrics made with Angora yarn
12. Shelf support
13. Six-line stanzas
14. Hairy
20. Cut, maybe
23. Adjusts
24. Lunar crater on the far side
27. Bag-shaped fish traps
28. ___ as nails
31. Arctic bird
33. "Bleah!"
35. Each U.S. state is represented by two
36. Actual (2 wds)
37. Ancient Semitic language
38. Knock (hyphenated)
39. Blow chunks
40. Having three leaflets
41. Landlord who turns out a tenant by legal process
42. Infernal
45. Morning music
48. Cut
50. Contagious bacterial disease affecting horses
52. Bed board
54. Back
56. Darling
58. Dash

Answers To Last Week's Puzzle

