

Arlington/Lamont News



Greetings from the Arlington Library

We welcome everyone into May! So many good things in May. May 1 be sure to deliver all your May Baskets and run like crazy. Also, May 1 is National Mother Goose Day. May 5 is Cinco de Mayo (a holiday celebrated in parts of Mexico and the US to honor a military victory over French forces in 1862) and May 6 is National Nurse Day. Let's remember all those dedicated to helping us make our lives more comfortable. Then, don't forget May 12 is Mother's Day. You are in big trouble if you forget that day! We have some nice looking cake pans you could check out to treat your mom to a nice Mother's Day cake. Lucky Penny Day is May 23. Heads up. Then we end the month with Memorial Day, May 26. (We will be closed Memorial Day.) Those are just a few of the days we can celebrate. But then every day is a good day when you have a good book, audio book, DVD, or puzzle.

Lee Gamm brought us a new piece of artwork to exhibit. Cranky the Centipede is waiting for your inspection. He is made of railroad spikes, a spring from a car, and some bits and pieces that Lee had in his stash. It even has moveable parts! His grandson gave us a demonstration of how it works. Great job, Emmet!

We are recipients of a Libraries with Heart grant. May is Hypertension (High Blood Pressure) Awareness Month. We will be receiving two monitors from which our patrons and anyone from the community may check their blood pressure. One monitor will always be in the library and the other monitor patrons will be able to check out for use at home. We are anxious for the equipment to arrive. Also we have received a STEM grant-Grow, Create, Innovate: The STEAM-Powered Art! More details will follow, and there will be new programming in the fall.

The Arlington Library has an Instagram and a Facebook page. Like and follow the Arlington Library posts. There will be a poster in the library with the QR code so that you can easily sign up.

Coffee is available on Tuesdays beginning at 9:30. Game Day Wednesday will be discontinued for the summer.

Story Hour is on Thursdays from 10:30-11:30 on May 1,8, and 15th. Topics/Themes of May are nursery rhymes in honor of National Mother Goose Day, Mother's Day, and dragons. May 15th will be the last Story Hour until fall as Audrey and Susie are preparing for the upcoming Summer Reading Program. Our Summer Reading theme is Level Up at Your Library. The Kickoff is Tuesday, June 10 at 5:30. More information will be available to you next month.

May 27 at 3:30 Janis will host our Book Club. This month's selection is *The Extraordinary Deaths of Mrs. Kip* by Sara Brunsvold. "Aidyn Kelley is talented, ambitious, and ready for a more serious assignment than the fluff pieces she's been getting as a cub reporter for the Kansas City Star. In her eagerness, she pushes too hard, earning herself the menial task of writing an obituary for an unremarkable woman who's just entered hospice care. But there's more to Clara Kip than meets the eye. The spirited septuagenarian may be dying, but she's not quite ready to cash it in yet. Never one to shy away from an assignment herself, she can see that God brought the young reporter into her life for a reason. And if it's a story Aidyn Kelley wants, that's just what Mrs. Kip will give her—but she's going to have to work for it."

We have been very busy processing new and donated books into our collection. Here are a few additions.

For our Middle Schoolers we have *The Curse of the Ten Broken Toes* by Matt Eicheldinger. "Eleven-year-old Matt Sprouts is in big trouble. He didn't mean to hurt his neighbor Jenna with that awesome martial arts move; it just happened! Blame it on morning cartoons or Jenna's lack of coordination. Anyway, getting grounded is the worst thing that could happen, right? Wrong. Matt Sprouts thinks he has the "Curse," a hometown myth that ruins middle schoolers' lives. To defeat the Curse, Matt has to solve the mystery, and FAST! But that's not easy to do when you're entering middle school, keeping track of your little brother, trying to defeat the best soccer team, and, oh yeah, not breaking any toes! The clock is ticking, and Matt doesn's have long before the Curse strikes again!"

For adults we have *The Five Love Languages of Teenagers* by Gary Chapman. "Are you equipped to love your teenager effectively? Never before has

the task of parenting teenagers been more perplexing. Despite the peer pressure that teenagers face, it is still parents who influence teens the most. And the door to that influence is love. Love is the most functional building block of parent-teen relationships. According to Dr. Gary Chapman parents must learn to express their love in a language that makes sense to their teenager. Some teens long for tender words; others desire a gentle touch, a thoughtful gift, a kind deed or quality time spent together. Find out which one of these love languages your child speaks."

Chasing Fireflies by Charles Martin. "They have one summer to find what was lost long ago. "Never settle for less than the truth," she told him. But when you don't even know your real name, the truth gets a little complicated. It can nestle so close to home it's hard to see. It can even flourish inside a lie. And as Chase Walker discovered, learning the truth about who you are can be as elusive—and as magical—as chasing fireflies on a summer night. A haunting story about fishing, baseball, home cooking, and other matters of life and death."

Angels of the Resistance by Noelle Salazar. "As bombs fall across Europe, fourteen-year-old Lien Vinke fears that the reality of war is inescapable. Though she lives a quiet life with her mother and older sister, Elif, in their small town of Haarlem, they are no strangers to heartache, having recently suffered an immeasurable loss. And when the Nazis invade the Netherlands, joining the Dutch resistance with Elif offers just the atonement Lien craves.

Trained to shoot by their late father, the sisters are deadly wolves in sheep's clothing. They soon find themselves entrenched in the underground movement, forging friendships with the other young recruits, and Lien even discovers a kindred spirit in a boy named Charlie. But in wartime, emotional attachments are a liability she can't afford, especially when a deeply personal mission jeopardizes everything she holds dear—her friendship, her family, and her one shot at redemption."

Enjoy this warmer weather with a good book or listen to an audiobook as you exercise, travel, or just have some quiet time. Like and follow us on Facebook or Instagram. You will be kept current on happenings at the library. Until next time.....

Keep reading!

Buchanan County Sheriff's Office

Buchanan County Sheriff's Office Media Releases for week of Apr. 20-26, 2025

On Sunday, April 20, 2025 at approximately 1:30 pm, Buchanan County Sheriff's Deputies arrested Tosha Danielle Medina, 40, of Oelwein. Medina was arrested on an active arrest warrant out of Buchanan County for Violation of Pre-Trial Release and taken into custody from the Fayette County Sheriff's Office.

On Monday, April 21, 2025 at approximately 8:00 am, Buchanan County Sheriff's Deputies arrested a 17-year-old male from Independence, charging him with second degree Criminal Mischief (class D felony). This juvenile was booked and released to parents/guardians, and will be referred to Juvenile Court Services in this matter.

On Monday, April 21, 2025 at approximately 12:25 pm, Buchanan County Sheriff's Deputies arrested a 17-year-old male from Brandon, charging him with second degree Criminal Mischief (class D felony). This juvenile was booked and released to parents/guardians, and will be referred to Juvenile Court Services in this matter.

On Monday, April 21, 2025 at approximately 3:05 pm, Buchanan County Sheriff's Deputies arrested Carah Belle Evans, 41, of Fairbank. Evans was charged with first offense Operating While Intoxicated/Impaired (serious misdemeanor) and cited for Failure to Display License Plates, Stopping on Travel Portion of Roadway and Failure to Provide Proof of Insurance. This arrest was made following a report of a vehicle stopped in the middle of the road near 100th Street (Hwy 281) and Dillon Avenue.

On Monday, April 21, 2025 at approximately 3:40 pm, Buchanan County Sheriff's Deputies arrested William Davis, 32, of Independence. Davis was charged with second offence Operating While Intoxicated/Impaired (aggravated misdemeanor), Driving While License Suspended (simple misdemeanor). Failure to Carry SR22 Insurance (simple

misdemeanor) and cited for Open Container and Failure to Maintain Control. This arrest was made following a minor motor vehicle accident in the 1700 blk 270th Street.

On Monday, April 21, 2025 at approximately 6:10 pm, Buchanan County Sheriff's Deputies arrested Eric Dean Zieser, 44, of Hazleton. Zieser was charged with Driving While License Revoked (serious misdemeanor), Driving While License Suspended (simple misdemeanor), Operation Without Ignition Interlock Device (simple misdemeanor) and Failure to Carry SR22 Insurance as Required (simple misdemeanor). This arrest was made following a traffic stop near Fontana Blvd and Jackson Avenue (Hwy 150).

On Wednesday, April 23, 2025 at approximately 5:10 pm, Buchanan County Sheriff's Deputies arrested Carah Belle Evans, 41, of Fairbank. Evans was charged with first offense Operating While Intoxicated/Impaired (serious misdemeanor) and Unlawful Possession/Use of Nitrous Oxide (serious misdemeanor). This arrest was made following a report of a suspicious vehicle parked in the middle of the road near 260th Street and Dugan Avenue.

On Friday, April 25, 2025 at approximately 2:15 pm, Buchanan County Sheriff's Deputies arrested Joshua Michael Lillibridge, 25, of Oelwein. Lillibridge was charged with Driving While License Suspended (simple misdemeanor), Possession of Controlled Substance – Marijuana (serious misdemeanor), Unlawful Possession of Prescription Drugs (serious misdemeanor) and Possession of Drug Paraphernalia (simple misdemeanor). This arrest was made following a traffic stop near 100th Street (Hwy 281) and Fairbank-Amish Blvd.

On Saturday, April 26, 2025 at approximately 7:45 am, Buchanan County Sheriff's Deputies arrested Joseph James Meek, 46, of Independence. Meek was arrested on an active arrest warrant out of Buchanan County for Violation of Pre-Trial Release and held on bond at the Buchanan County Jail.

NOTICE: A criminal charge is merely an accusation and the defendant is presumed innocent until and unless proven guilty.

PUBLIC NOTICE

Lamont City Council
April Special Meeting Minutes

A special meeting of the Lamont City Council was held Wednesday, April 23, 2025. Mayor Cook called the meeting to order at 6:05 pm. Present: Adams, Devlin, Lamphier, Lincoln, & Slack.

Motion by Lamphier, second by Lincoln to approve the agenda. All ayes; motion carried.

Motion by Lamphier, second by Slack to open public hearing for FY26 Budget proposal. No one appeared for or against said proposal. No comments written or oral had been received. Motion by Devlin, second by Slack to close public hearing. Motion by Lincoln, second by Slack to approve the budget proposal for FY26. Ayes: Adams, Devlin, Lincoln, Slack, & Lamphier. Motion carried as Resolution 25-10.

Public Works Director presented the FY26 Street Repairs project worksheet from Prairie Road Builders totaling \$28,340.25. Motion by Slack, second by Lincoln to approve FY26 Street Repairs. All ayes; motion carried. Public Works Director reported Oasis would be repairing storm sewer pipe at Concord & Pine Streets. Quality Flow Systems would be doing lift station maintenance in July, and sludge judge would be done at the lagoons.

Motion by Devlin, second by Lamphier to adjourn. All ayes; motion carried. Meeting adjourned at 6:26 pm.

Paula Harvey, City Clerk
(This is an edited version of the official minutes. The complete text is available for review at city hall.)

Published in the Press Journal the week of April 30, 2025.

Adventure Awaits Right in Our Own Backyard

By: Lynn Hettinger

Wildflowers are one of the most encouraging signs of spring, often seeming to appear overnight. Early spring flowers are referred to as ephemeral, meaning "short-lived." Emerging before the tree leaves develop and begin to shade the forest floor, most of these spring beauties last only 3 weeks.

One such spring flower is the bloodroot, which can be found on wooded slopes, edges of bluffs, shaded ravines and river banks in wooded areas. The seeds of bloodroot are distributed by ants. This is a common method for many plants where wind speeds are reduced in wooded areas.

The bloodroot's foliage contains a toxic juice, so this plant is not eaten by herbivores although white-tail deer do feed sparingly on the bloodroot's leaves.

Native Americans used bloodroot to create a red dye along with using it for its' antibacterial properties.

My favorite spring flowers are dutchman breeches, a small, shade-loving wildflower known for its' unique flowers which resemble a pair of up-side-down Dutchman's pantaloons. Growing up to 12 inches tall, these beauties bloom from late March-May and go dormant by the time trees fully leaf out. Once picked the flowers of dutchman breeches will immediately wilt.

Depending where you live dutchman breeches may be referred to as "Little Blue Staggers." This is derived from its' ability to induce a drunken stagger if eaten by grazing cattle. This is result of a narcotic and very toxic substance of the plant.

Native Americans used dutchman breeches to treat skin ailments, tremors, venereal diseases along with being used as a blood purifier. The Iroquois made tea from the roots and was used as a diuretic and a liniment for muscle pain. In Native American folklore, dutchman breeches were thought to be a "Love Charm," as it acts as a hallucinogen. Since it is a member of the poppy family, this makes perfect sense!

One of the most recognizable spring flowers is the jack-in-the-pulpit. Taking a close look at this plant one can see how it earned the name. It resembles a small man at a pulpit.

Favoring shaded, wet soil the jack-in-the-pulpit consists of 2 parts; a spadix that bears numerous small flowers and a modified leaf called a spathe which surrounds and partially



encloses the spadix. Jack (the preacher) is the spadix and the pulpit is the surrounding spathe.

Producing a fungal like odor, small flies(fungus gnats) are its' primary pollinator. Butterflies and bees are not attracted to the jack-in-the-pulpit. Some birds such as the wood thrush and wild turkeys will "gobble" the red berries that appear in late summer. (Get it...gobble... sometimes I just crack myself up!)

Jack-in-the-pulpit begin life as a male plant. After 2 years (or longer under poor conditions) it will then turn female, flower and bear seeds. If the plant is low on stored energy (from carbohydrates) needed to produce seeds or if the plant receives a shock, it may turn back to a male plant.

Native Americans dried the plant's roots for several months before grinding to a powder used in bread making. It was said to have the flavor of chocolate.

Other spring wildflowers found in Iowa include snow trillium, false rue anemone, common blue violets, shooting stars, bluebells, wild sweet williams and wild columbine.

As the saying goes "April Showers Bring May Flowers." Spotting wildflowers is a fun activity for all ages. I suggest taking young children since they are closer to the ground and can see things we might overlook! Just remember -it is illegal to pick or dig wildflowers in Iowa's public conservation areas. Take a picture or even draw a sketch, leaving the flowers for the next family to find and enjoy!

Adventure Awaits!

Strawberry Point
Public Library Hours
Monday 10 AM – 5:30 PM
Tuesday 10 AM - 6 PM
Wednesday 10 AM - 5:30 PM
Thursday 10 AM – 5:30 PM
Friday 10 AM – 5:30 PM
Saturday 9 AM – 12:00 PM
www.strawberrypoint.lib.ia.us
563.933.4340

OPEN FORUM

Ensuring Access to Food

At the Northeast Iowa Food Bank, we're not just feeding people, we're fighting for something bigger: a community where everyone has access to their most basic need, food. Right now, that mission is becoming harder to fulfill. The number of food-insecure individuals in northeast Iowa increased by more than 10,000 people last year. And as our communities learn of changes being made at all government levels, we anticipate those numbers won't go any lower. We need to be sure that we can meet the need as it rises and accept all the food we can. Which is why we just kicked off a major building expansion and renovation campaign, to ensure we can continue meeting the growing demand. But we can't do it alone. We need our elected leaders to rise to the occasion and do the right thing. That's why I'm urging Iowa Senators to oppose House File 970, which proposes harmful restrictions on the Supplemental Nutrition Assistance Program (SNAP). While the bill includes a \$1 million appropriation to Double Up Food Bucks, it comes with unacceptable strings attached, contingent on receiving a federal waiver to restrict the types of food SNAP recipients can buy. Double up Food Bucks is a program that provides healthy nutritious food to people on SNAP and enables them to "double" the amount of SNAP benefits they receive. Putting a contingency on the funding only makes things more difficult and does not ensure that the funding will be appropriated. This is not how we help our community members. Instead, I ask our Senators to support Senate File 232, which provides the same \$1 million to Double Up Food Bucks, but without limitations. This version puts families first and allows more Iowans to access fresh, local food. We are facing a perfect storm. Inflation has driven food

costs to historic highs, stretching the Food Bank's budget and family budgets very thin. Everyone is paying more for food but receiving less. While about 15% of the Food Bank's food is purchased, increasing costs to access donated products are also affecting our budgets. Our federal programs are also being affected, including programs funded through the Commodity Credit Corporation (CCC). This includes the Local Food Purchase Assistance Program (LFPA) and a portion of the Emergency Food Assistance Program (TEFAP), which help food banks like ours keep stock shelves. Because of the loss of the contract for the Local Food Purchase Program, we will have to look for other resources available to us to continue to purchase these items. The loss of part of the funding for TEFAP will stretch not only the Food Bank, but our partners to find other sources of food. We are committed to working with our federal, state and local governments, to find creative solutions to fight food insecurity in northeast Iowa. It takes all of us working together to be good advocates and tell the story of those facing hunger and why it is happening to them. Iowa's food banks are already under intense pressure. Now is not the time to impose barriers that make it harder for people to access the food they need. We need more support, not less. I encourage everyone reading this to use their voice by calling or emailing your elected officials. Please reach out to your elected officials and talk with them about how important it is to ensure families have access to food. Food is not a privilege. It's a right. Let's make sure everyone has a seat at the table. Thank you for standing with us. Every Meal. Every Day. Everyone. /s/Barbara Prather Executive Director, Northeast Iowa Food Bank

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