

New Opportunities Addresses Problem Gambling

HOLIDAY CHEER

Thanksgiving, Friendsgiving, Christmas, and New Year's. The winter holidays are right around the corner! We often think of warm, cozy gatherings with family and friends, sharing our favorite foods, beverages, and seasonal treats.

But did you know that another holiday tradition some people enjoy is gambling? It's no longer limited to casinos—gambling takes on many forms, and research shows that children as young as 10 have engaged in some type of gambling activity.

Here is why this matters: gambling activates the brain's reward system much like alcohol and other drugs do. Some people may be more prone to developing problems, and as gambling continues, it can overstimulate the brain's reward system. Over time, this reduces the level of pleasure felt, leading individuals to gamble more in an attempt to recapture that initial excitement.

As the holidays approach, be aware of the warning signs of problem gambling, such as:

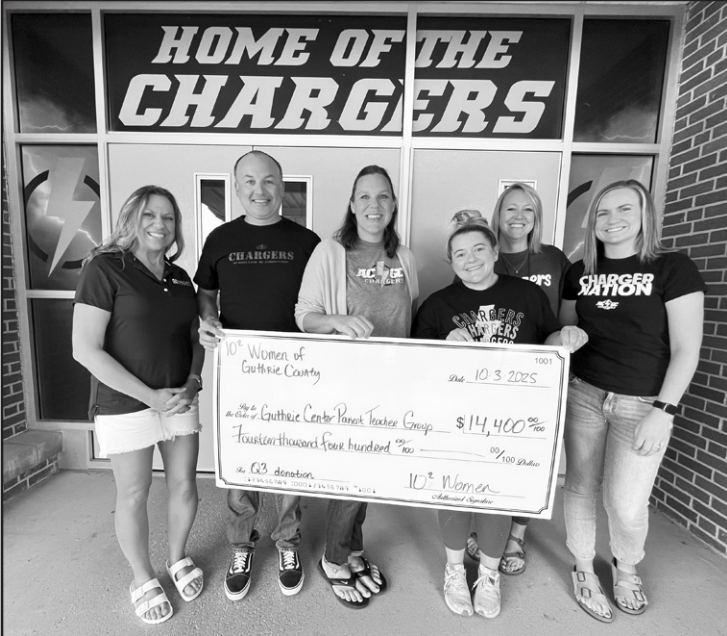
- Constant thinking about gambling or reliving a past gambling experience.
- Secretive behavior regarding gambling habits and defensiveness when confronted.
- Lying to family and others about the extent of

gambling.

- Increasing bet amounts to achieve the desired excitement (high).
- Chasing losses with more gambling.
- Feeling restless or irritable when not gambling.
- Gambling to escape problems.
- Committing crimes to finance gambling.
- Jeopardizing or losing relationships, jobs, education, or career opportunities because of gambling.
- Relying on others to relieve a desperate financial situation caused by gambling.

If anyone thinks they or a loved one may be experiencing a problem with gambling, reach out to 1-800-BETS-OFF from Your Life Iowa for free, confidential support. New Opportunities, Inc. is part of the Iowa Health and Human Services Behavioral Health Service System with services funded by the Substance Use Prevention, Treatment, and Recovery Services Block Grant (SUPTRS BG). For more information on problem gambling please visit the Your Life Iowa website at yourlifeiowa.org or contact New Opportunities Inc. Behavioral Health Department for Problem Gambling treatment at 712.792.9266.

10 Squared Women of Guthrie County



Pictured above, from left, Kristen Crouthamel, 10 Squared organizing committee member; Tandem Eisheid, Guthrie Center Elementary Principal; Devan Seeck, GCPTG Board Member; Lindsay Gilland, GCPTG Board Member; Selby Lewis, GCPTG Board Member; and Jamie Terwilliger, GCPTG Board Member.

The 10 Squared Women of Guthrie County held their third-quarter meeting of 2025 on Tuesday, August 26, 2025, at The Port on Lake Panorama. A record-setting 71 women attended in person or via Zoom, and the group welcomed four new members this quarter.

Ruth Owen presented on behalf of the Guthrie County Arts Council, Devan Seeck presented for the Guthrie Center Parent Teacher Group (GCPTG), and Abby Pudenz presented for the Panora Parks & Rec Board. After hearing all three presentations, the group announced that a total of **\$14,400** has been awarded to the Guthrie Center Parent Teacher Group (GCPTG). This donation consists of member contributions and several employer matches.

The Guthrie Center Elementary Parent Teacher Group, or GCPTG, officially formed in 2024, but its roots go back several years to volunteers organizing meals for teachers during conferences and Teacher Appreciation Week. Today, the group includes 8–10 parents and teachers in the Guthrie Center school district working together to bring back the fun, enriching experiences that school budgets can't cover.

Since COVID, field trips and hands-on learning activities have been significantly reduced. Experiences that were once staples of elementary school are now often considered extras. Last year, GCPTG helped send kindergarteners to the zoo and third graders to the historic Hitchcock House—real-world experiences

that brought their lessons to life. GCPTG also supported teachers with gift bags, meals, thank-you notes, and \$50 each to help cover classroom needs. This year, the group hopes to increase that support to \$200 per teacher.

GCPTG's current major goal is to improve the preschool/ kindergarten playground. The existing space is small and outdated—much smaller than what many children have in their own backyards. A new, safe, engaging playset is expected to cost between \$15,000 and \$30,000. The group is actively applying for grants but needs matching funds in order to qualify.

GCPTG recognizes times are tough, which is why they focus on one major fundraiser each year—such as their successful Fun Run. “GCPTG invites anyone who is able to donate, volunteer, or simply help spread the word to get involved. Every dollar given goes straight to supporting our kids and their amazing teachers,” said Devan Seeck.

Anyone interested in donating or getting involved can contact GCPTG through the Guthrie Center Elementary Facebook page or by speaking with a GCPTG member. “Whether it's a donation, volunteer time, or just sharing our story—you're making a difference,” Seeck continued. “GCPTG is not just supporting a school—we're creating a community where every child and teacher feels seen, supported, and inspired.”

Seeck shared that one teacher in the group said she has never felt so appreciated, understood, or heard, and that she would

love to write a thank-you note to every single woman in 10 Squared to express how grateful she is that GCPTG was selected for this donation. “All of us in the Guthrie Center Elementary Parent Teacher Group are incredibly thankful to everyone,” Seeck added.

10 Squared Women focus on donating funds to local organizations that commit to putting those dollars to work right here in Guthrie County. The funds support a wide variety of projects that benefit communities and residents throughout the county. With this quarter's donation, the group has contributed a total of **\$415,300** since its inception in 2017.

The 10 Squared Women group meets quarterly on the fourth Tuesday in February, May, August, and November. Members in attendance hear from three organizations drawn at random from a pool of member-nominated nonprofits and then vote that night on the winning cause.

The group currently has 141 members and approximately 20 organizations nominated. They strongly encourage additional interested women to join, with a goal of reaching 200 members. As Helen Keller said, “Alone we can do so little, together we can do so much.” For a list of the more than thirty benefactors to date, please visit and like their Facebook page, listed at the end of this article.

10 Squared Women members are encouraged to talk with their friends, neighbors, and family about the group and to share it within their social circles. While members are not required to attend meetings, they must attend either in person or via Zoom for their vote to count. All members are expected to make their quarterly donation whether they are able to attend and vote or not. The Zoom option has been well received, particularly by those with young children, those who winter elsewhere, or others who cannot attend in person but still wish to participate and vote.

The group is continuously seeking new members who are passionate about supporting their communities and Guthrie County. To learn how to get involved, visit their Facebook page at <https://www.facebook.com/10squaredwomengc> or email 10squaredgc@gmail.com. Membership forms and Frequently Asked Questions can be found on their Facebook page or by contacting them through Facebook or email.

Once Upon A Time At The Stuart Public Library

by Lisa Sherman, Library Director

Library Hours: Monday and Wednesday: 9 a.m. – 6: p.m. Tuesday, Thursday and Friday: 9 a.m. – 5 p.m. Saturday: 9 a.m. – 12 p.m.

Website: www.stuartlibrary.org Phone: 515-523-2152

The 2025 Library Foundation Auction was another successful fundraiser. We extend our sincere appreciation to our auctioneer, Joe Bair, for his professionalism and fun-loving spirit. See the entire list of locals we wish to thank. You can find the list on our Facebook page. The funds raised will support the purchase of books and materials for the library. Please mark your calendar for next year's auction on Thursday, November 5, 2026.

Cribbage Tuesdays and Fridays 10 a.m. – noon.

Chair Yoga Mondays and Wednesdays 10 a.m.

Toddler Time Thursdays 10 a.m.

Early-Out Kids' B.I.N.G.O. Monday, November 24, 3:00 p.m.

PALS Meeting Monday, November 24, 5:30 p.m.

The Library will close Thursday, November 27 for Thanksgiving and reopen Monday, December 1.

Book Club Monday, December 1, 5 p.m.

Holiday Card Crafting Wednesday, December 3, 1 p.m. – 3 p.m.

NEW BOOKS

The Book of Kells: An Illustrated Introduction to the Manuscript in Trinity College Dublin by Bernard Meehan. *The Book of Kells*, dating from about 800, is a brilliantly decorated manuscript of the four Gospels. This new official guide, by the

former Keeper of Manuscripts at Trinity College Library, Dublin, provides fascinating insights into the *Book of Kells*, revealing the astounding detail and richness of one of the greatest works of medieval art. The illustrations in the guide include reproductions of complete pages, and details that allow one to marvel at the intricacy of the decoration. *The Book of Kells* is explored through its historical background; its structure; its decorative elements, including the richness of its symbols and themes; the scribes and artists who worked on the manuscript; and the tools and pigments used in its creation.

A Family Matter by Claire Lynch. *A Family Matter* is a heartbreaking and hopeful exploration of love and loss, intimacy and injustice, custody and care, and whether it is possible to heal from the wounds of the past in the changed world of today.

Fog and Fury by Rachel Howzell Hall. What crimes could possibly happen in a town nicknamed “Mayberry by the Sea”?

Lyrical Iowa: 2025 by Marilyn J. Baszczynski, Editor. Poems included in this anthology arrived from across the Ddate of Iowa, corner to corner, inspiring this year's cover. On the front, the Plattsmouth Bridge (built in 1929) crosses the Missouri River from Cass County, Nebraska, into Mills County, Iowa, which is the second southwestern most county in Iowa. The back-cover photo is taken from the Eagle Rock Overlook at the Effigy Mounds National Monument near the Mississippi River in Allamakee County, Iowa, which happens to be the northeastern most county in Iowa.

Menlo News

By Sue Wallace



Racheal and the Guthrie County ISU Extension & Outreach held an awesome shapes program on Monday, November 10, at the Menlo Library. The kids had a blast exploring shapes with play dough and listening to some fun stories. The library appreciates the children spending time with them and making learning so exciting!

Hello From The Staff of The Stuart Herald

Pictured Below, from left, Everleigh, the birthday girl, seated on Aurora's lap; Everleigh's brother, Jameson; Waylon; Briella; Aurora's sister, Hadley on Jordyn's lap; and cousin, Enzlee.

Mary Van Eaton reports that a long day can be a fun day. Their grandkids, Waylon and Briella, really enjoyed getting to see their big family and celebrate their cousin Everleigh's third birthday. They got to go help their Great-grandma Little put her outside decorations up. Then they made a surprise visit to their Great-grandma Lois on the way home. Waylon asked to see his Papa Blake at the cemetery. It was so heartwarming. That little boy got out of the truck and knew right where his Papa Blake is and he just laid on his headstone. His little heart is so full of love. He left his Papa some of his toys and some coins and Briella left her Papa a Christmas decoration.

Sue Wallace had lunch on Tuesday with her former key-punch buddies, Joan and Ruby, at the Now or Later Restaurant (eat now, diet later) on University Avenue.

Carol Moore, daughter, Susan and Susan's grandsons, Dallan and Dean, helped pack shoeboxes for Operation Christmas



Child on Saturday at the First Congregational Church.

Susan and Karen, enjoyed a girl's trip to Meskwaki. They played bingo and did a little gambling. Hope they won enough to buy lunch!

On November 18, 1865, Mark Twain published “*The Celebrated Jumping Frog of Calaveras County*” under his pen name for the first time.

On November 20, 1620, the Plymouth Colony settlers signed the Mayflower Compact.

The City of Menlo is accepting resumes for a Part-time City Clerk

The duties include but not limited to all general ledger, payroll, accounts payable and receivable, budgeting, and government financials.

- Must attend and document all council proceedings.
- Must be proficient in Word and Excel.
- Ability to interact with the public.
- Salary based on experience. 20-25 hours/week.
- Benefits including IPERS and vacation.

Send resume with cover letter to:
City of Menlo
417 Sherman St, PO Box 190
Menlo, IA 50164
Or email to: menloia@netins.net

Interviews to start as soon as possible.
City is an equal opportunity employer. Veteran's preference under Iowa Code, Chapter 35 will apply to hiring.

CITY OF STUART IS RECEIVING BIDS FOR ITEMS LISTED BELOW:

- 2 – KYOCERA ECOSYS FS3920DN PRINTERS (NON-WORKING)
- 1 – HP LASERJET 4300TN PRINTER (NON-WORKING)
- 1 – AOC COMPUTER MONITOR (AS-IS)
- 1 – DELL INSPIRON LAPTOP (BROKEN SCREEN, NO HARD DRIVE)
- 1 – DELL INSPIRON LAPTOP (NO BATTERY, NO HARD DRIVE)
- 1 – CANON CANOLA P1440-0 ADDING MACHINE (NON-WORKING)
- 1 – SHARP EL-1801V ADDING MACHINE (NON-WORKING)
- 1 – BROTHER INTELLIFAX 4100E FAX MACHINE (AS-IS)
- 1 – CLEAR ONE MAX WIRELESS CONFERENCE PHONE (AS-IS)
- 4 – TOSHIBA DP5130-SDL DIGITAL BUSINESS PHONES (AS-IS)
- 1 – DAEWOO TV WITH BUILT IN VHS PLAYER AND REMOTE (AS-IS)

NO CABLES INCLUDED
ALL ITEMS AS MARKED OR AS-IS

If you have questions, please contact City Hall, 515-523-1455

PLEASE SEND YOUR BIDS TO
CITY HALL, 119 E FRONT ST, PO BOX 370
STUART, IA 50250

BIDS MUST BE RECEIVED BY DECEMBER 5, 2025 2:00 PM
THE CITY OF STUART RESERVES THE RIGHT TO REFUSE ANY AND ALL BIDS