

Griswold American

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Official Newspaper for Griswold, Elliott, Lewis, Griswold Community School District, Cass County
Serving the Griswold, Elliott, Lewis, Grant, Lyman and surrounding areas

Volume 136 No. 17

Wednesday, April 22, 2015

Local Fire Departments Bring Fire Safety House to the Elementary Schools



submitted by Donna Oster, Elliott Third Grade

The Griswold, Elliott, and Lewis firemen brought the Fire Safety House to Elliott and Lewis Elementaries on Friday April 10. Each child had the opportunity to look for fire hazards in a mobile fire-education tool and were taught methods to prevent harmful burns and to escape a burning home safely. The firemen also visited with the students in the classrooms about additional fire safety tips and how to make their homes as safe as possible.

Pictured above is the Elliott third grade with local firemen in front of the Fire Safety House. Photo furnished

Griswold City Wide Garage Sales

Griswold city wide garage sales will be held on Saturday, May 2. Griswold Community Betterment will also be holding a Road Trip game. Details for that event are in a separate article on this page.

Now is the time to start getting ready for your garage sale. An insert (for local residents) will be in the April 29 issue of the *Griswold American* with a map and garage sale information. Maps will also be available at other locations in Griswold and will be announced on local radio stations. The map will also be available on the *Griswold*

American's website and Facebook page.

Deadline for garage sale ads to be included on the map will be on Thursday, April 24. Ads will be in paragraph format. Cost for your garage sale ad is \$5 for the first 25 words and 20¢ for each additional word. Ads must be paid for when you place your ad. Boxed ads for garage sales can also be purchased at regular boxed ad price.

Don't miss out on this low cost ad to be included on the garage sale map!

Attention City of Griswold Residents

The City of Griswold has lifted the burn ban for the weekend of April 26th and 27th during daylight hours. During the lift, the burning of leaves, branches, and other yard-based waste is allowed. Garbage and other potentially hazardous waste is still not permitted. Any questions please call 712-778-2713

A city wide cleanup day is being planned for May 9. Dumpsters will be available for solid waste, tires, paper shredding, and maybe appliances. More details will be made available soon.

Five Day Forecast

Thursday, April 23	Friday, April 24	Saturday, April 25	Sunday, April 26	Monday, April 27
Partly Cloudy Hi: 62° Lo: 39°	Partly Cloudy Hi: 60° Lo: 41°	AM Showers Hi: 54° Lo: 41°	Partly Cloudy Hi: 63° Lo: 42°	Partly Cloudy Hi: 67° Lo: 43°

Griswold Red Cross Blood Drive

The Griswold community Red Cross blood drive was held at the Central Church of Christ on Tuesday, April 14. A total of 40 units were collected, four units short of its goal of 44 units.

Reaching plateaus were: Bruce Potter and Goldie Archibald 1 gallon; Jerry Laitner 4 gallon; Mark Carson 5 gallon; Tony Brandt 10 gallon and Wilma Selders 12 gallon. Other donors were: Eldon Erickson, John Turack, Max England, Jan Preston, Dave

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Take A Griswold Road Trip

Griswold Community Betterment will be sponsoring a Griswold Road Trip starting on Wednesday, April 29. This is your chance to win Griswold Betterment Bucks!

The Road Trip will be a game board included on the garage sale map insert in the April 29 issue of the *Griswold American*. Travel to each place listed on the game board and collect your piece to attach to the game board. Turn your completed game board in to the *Griswold American*. Only the first ten people to turn in completed game boards will win \$20 in Betterment Bucks.

Scoular Company Making Major Improvements at Griswold Elevator



SCoular EMPLOYEES - are pictured at the site for the new two-million-bushel capacity building. Pictured (left to right): Will Bramblett, Marie Devin, Kurt Pattee, Landon Cousins.

Griswold American photo/Donna Forsyth

Have you noticed change to the landscape around Griswold lately? The change is a result of The Scoular Company making improvements to their facility to accommodate their customers in the area.

When The Scoular Company acquired Hancock Elevators Inc. in June of 2008, they acknowledged that they inherited a very well established business and an environment dedicated to customer service. In 2011, Scoular upgraded the Hancock facility to load 110-car shuttle trains, which allowed them to feed consumptive demand in Western US ethanol, dairy, and livestock feeder markets. Now, Griswold will get a much needed update to their facility and showcase Scoular's commitment to the area.

Will Bramblett, who oversees a network of 10 Scoular elevators in Southwest Iowa, saw the opportunity in Griswold and wanted to be able to serve the customers better than they had been in the past. "Griswold has a great customer base and there is more room for growth at the present location. We want to increase speeds at the elevator in order to serve customers the way they de-

serve. There will be a quick, fluid, traffic pattern all in one convenient location. The location south of town will be able to handle twice as much grain and be 200% more efficient," said Bramblett.

Marie Devin of Griswold is the local merchandiser for Scoular and also handles the truck fleet and on-farm pick-up program. Devin stated, "We are building new because of you. I am from this community and I know these customers, they are my friends. We want to keep it that way. As the farmer grows, we need to grow. In order to ensure we stay competitive, we need more storage and quicker delivery times than the farmers have themselves."

One major change to the Griswold facility is the hiring of Landon Cousins as its new manager. Growing up on a farm just outside of Griswold, Landon knows how important farming is to the community. "This new facility will be an exciting development for Scoular and I am so excited to be a part of it," stated Cousins. He graduated from Griswold High School in 2010 and received his degree in Agricultural Sciences at

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WILL BRAMBLETT - stands in front of the entrance to the Griswold Elevator sign. The entrance will be redesigned for a more effective traffic flow.

Griswold American photo/Donna Forsyth



Heath Larsen, M.S., NSCA-CPT, AFAA CPT
Rachel Northrup, B.A., ACE Certified Fitness
Instructor

Which is Worse for HBP and CVD: Sugar or Salt?

If you thought the answer was salt, you are incorrect. A study from Open Heart found that added sugars, in particular fructose, in processed foods are impacting our blood pressure and heart disease more than salt. The American Heart Association defines added sugars as "sugars and syrups that are added to foods or beverages during processing or preparation" and says that "names for added sugars include agave syrup, brown sugar, corn sweetener, corn syrup, sugar molecules ending in 'ose' (dextrose, fructose, glucose, lactose, maltose, sucrose), high-fructose corn syrup, fruit juice concentrate, honey, invert sugar, malt sugar, molasses, raw sugar, sugar and syrup." (Sandy Todd Webster, 2015)

According to the study author,

...Scoular article continued from page 1

NWMSU in May of 2014. Hiring someone familiar with the local area was important for The Scoular Company. "To see something built from the ground up and then get to operate it - well, that is a great opportunity for a young man," Bramblett said, "We need a consistent local presence at the elevator."

Scoular started improvements by removing old bins and elevators at the location south of Griswold and in other locations within the city limits. Work has begun on the new facility south of Griswold, which will provide producers with one convenient location. A new two-million-bushel-capacity building will be constructed

the average American consumes 24-47 teaspoons of added sugars per day. This number is well above the recommended amount which is 6 for women and 9 for men.

This study emphasized that naturally occurring sugars found in fruit and vegetables bad for you, and that you should simply avoid man made sugars. "Just as most dietary sodium does not come from the salt shaker, most dietary sugar does not come from the sugar bowl; reducing consumption of added sugars by limiting processed foods containing it would be a good place to start," said the authors. "The evidence is clear that even moderate doses of added sugar for short durations may cause substantial harm," they cautioned (Sandy Todd Webster, 2015)

Source: (2015 by IDEA Health & Fitness Inc)

on the site and will have the ability to be divided to hold both soybeans and corn. In addition to the remaining bunker that will have one dump area, the new building will allow for two additional dump locations, resulting in the Griswold facility being able to handle 35,000 bushels per hour. Scoular will also have the ability to accept wet corn on site, resulting in a faster and more efficient harvest.

The new and improved facility is scheduled to open by the 2015 harvest season. Continue looking for updates from Scoular as they improve the Griswold facility for area customers.

Griswold Rehabilitation & Health Care Center

by Dawn Chalmers

The residents of the Griswold Rehabilitation and Health Care Center would like to thank all the kids who came up to the facility Saturday before prom so the residents could see everyone. We really enjoyed it!

Sunday, the Central Church of Christ came for worship, communion, and hymns. In the afternoon, we watched a movie.

Monday morning, we had coffee hour and read from "Outdoor Privies and Dinner Pails." We then had exercises. In the afternoon, the ladies from the Catholic church came to sponsor bingo.

Tuesday morning, Joe sponsored the men's coffee, which they really enjoy! Exercises followed. In the afternoon, we had our Volunteer Tea to honor all the people who volunteer throughout the year. We so appreciate everyone! We were entertained by

Marcia Anderson on the piano and then enjoyed angel food cake with strawberries and ice cream. Each volunteer was given a coffee mug that had been decorated by the residents and filled with goodies. Everyone had a good time.

Wednesday morning, we listened to Wilbur Sayles followed by exercises. In the afternoon, we played bingo.

Thursday morning, we read the *Griswold American* followed by exercises. Father Bob came in the afternoon for devotions.

Friday morning, we continued the documentary on World War II with exercises following. Laura came in the afternoon for Bible study.

Saturday, Nancy opened "Nancy's Nail Nook and Coffee Hour." That evening, we watched Lawrence Welk on TV.

Sue's Country Garden Spring Open House

April 25, 2015 • 9 a.m. - 7 p.m.

10% off with this ad! • Door Prizes



Annuals & Veggie Plants, Herbs, Hanging Baskets & Planters. New Veggies & Annuals, Soil in 3 sizes of bags, Cedar Mulch for your beds.

Sue will plant your baskets or planters (just pay for plants & soil). Not valid with any other offer!

Sue Irvin, Owner 46288 Hwy. 6, Oakland, IA
(4 miles east of Oakland - across from Northern)

Open: Tue - Fri 9 - 7 • (Sue is there after 2 p.m.)

3 Day Sale Friday, Saturday, & Sunday April 24th, 25th, 26th From the Meat Case

Ribeye Steak.....\$10.⁹⁰ lb.
Baby Back Ribs.....\$2.⁹⁹ lb.
Beef Flat Iron.....\$5.²¹ lb.

Our Family
Grape Jelly
32 oz.
\$1.⁸⁸

General Mills
Lucky Charms
Cereal 16 oz.
2/\$6.⁰⁰

Navel
Oranges
\$1.²⁹ lb.

Bananas
69¢ lb.

Our Family
Waffles.....\$1.⁸⁸
(Buttermilk or Homestyle)

Ragu
Spaghetti Sauce
(Traditional or Mushroom)
2/\$3.⁰⁰

Ore Ida 22 oz. Waffle
Fries or 28 oz.
Golden Twirls.....\$2.⁹⁷

Gatorade
All varieties 32 oz.
10/\$10.⁰⁰

Our Family Veggies
16 oz.....2/\$3.⁰⁰
(Italian Blend or California Blend)

Kraft Velveeta
Shells & Cheese
2/\$5.⁰⁰



Normal Business Hours:
Mon. - Sat.: 8 a.m. - 8 p.m.
Sunday: 10 a.m. - 5 p.m.
524 Main St., Griswold, IA
Ph: 712-778-2634

Griswold American

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Praise & Worship

FAITH LUTHERAN CHURCH

Sunday, April 26 -

9:00 am - Worship

GRISWOLD UNITED

METHODIST CHURCH

Rev. Dwight Grosvenor, Pastor

Sunday, April 26 -

9:15 am - Sunday School

10:30 am - Worship

Tuesday, April 28 -

AM - Prayer

Wednesday, April 29 -

7:00 pm - Choir

CENTRAL CHURCH

OF CHRIST

Lead Minister, Tony Brandt

Associate Minister, Willie Tryon

Thursday, April 23 -

9:30 am - Women's Bible Study

Sunday, April 26 -

9:00 am - Sunday School

10:15 am - Worship

Tuesday, April 28 -

9:00 am - Women's Bible Study

Wednesday, April 29 -

6:30 - 7:45 pm - Rock & Gap

8:00 pm - Ignite

LEWIS CHURCH OF CHRIST

Dave Anderson, Minister

Sunday, April 26 -

9:00 am - Sunday School

10:00 am - Worship

UNITED CONGREGATIONAL

METHODIST CHURCH

Lewis - Nadine Aydt, Minister

Sunday, April 26 -

9:30 am - Worship

Wednesday, April 29 -

2:30 pm - Wednesday's Kids for K-

5th graders - 1st & 3rd Wednesdays

ST. JOHN'S UNITED

CHURCH OF CHRIST

(1 Mile South of Lyman)

Sunday, April 26 -

9:30 am - Sunday School

10:45 am - Worship

GRANT-NOBLE CENTER

METHODIST CHURCHES

Marion Sindt, Pastor

Sunday, April 26 -

9:30 am - Worship at Grant

11:00 am - Worship Noble Center

OUR LADY OF GRACE

CATHOLIC CHURCH

Fr. Robert Dufford SJ

Sunday, April 26 -

10:00 am - Mass

ELLIOTT CHURCH

OF CHRIST

Pastor Nate Delisle

Sunday, April 26 -

9 am - Sunday School

10:00 am Worship

Men's and Women's Bible Study and
Breakfast meet first Sunday of each month
at 7:30 am.

ELLIOTT UNITED

METHODIST CHURCH

Terry McClain, Pastor

Sunday, April 26 -

9:00 am - Sunday School

10:00 am - Worship

LYMAN ASSEMBLY

Lyman; Ph: 712-774-5378

Sunday, April 26 -

9:30 am - Worship

11:00 am - Sunday School /Adult

Ministries

GLORY CHRISTIAN

FELLOWSHIP

Dave Grice 712-208-0366

Sunday, April 26 -

10:00 am - Sunday Service

First and Third Wednesdays

7:00 pm - Bible Study

Fourth Wednesday -

7:00 pm - Prayer and Worship