

the SHOPPER

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WEDNESDAY, SEPTEMBER 20, 2023 | VOL 64, NO. 16 | 219 HIGH AVE EAST • OSKALOOSA, IOWA 52577

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PREVENTION IS PEACE OF MIND

When it comes to your health, it's never too early or too late to be proactive.

Which means now is a great time to learn about the preventive measures you can take to support your overall health. Our expert, compassionate care teams are here to help you keep your health on track — at any age.

IMPORTANT HEALTH SCREENINGS

20's & 30's

- yearly physical*
- blood pressure, cholesterol & fasting glucose, blood test
- cardiovascular health
- begin cervical screening at age 21
- thyroid disorders
- GI screening
- skin health exam
- family and personal health history - establish care with a provider.

40's

- yearly check-up, physical health & well-being* blood pressure, cholesterol, etc.
- cardiovascular health
- mammogram*
- cervical screening*
- diabetes*
- colon cancer screening*
- skin health exam
- other health screenings based on your family and personal health history*

50's

- yearly check-up, physical health & well-being* blood pressure, cholesterol, etc.
- bone density
- cardiovascular health
- mammogram*
- cervical screening*
- prostate screening*
- colon cancer screening*
- skin health exam
- other health screenings based on your family and personal health history*

60+

- yearly check-up, physical health & well-being* blood pressure, cholesterol, vaccines: shingles & pneumococcal
- cardiovascular health
- osteoporosis screening
- mammogram*
- cervical screening*
- other health screenings based on your family and personal health history*

*Based on your family history and personal risk factors, you may need to begin certain screenings earlier. Always let your provider know of any changes in your health history. Mahaska Health's specialists provide exceptional care for our patients, all in one convenient location. Getting yearly screenings with our experts is the best way to stay on top of your health. Visit mahaskahealth.org or call 641.672.3360.

Join us for our community health fair, featuring free cholesterol and blood pressure screenings, sleep assessments, and health guidance from board certified physicians and specialists. Free flu shots will be offered in addition to free cholesterol and blood pressure screenings, health information, and more. Enjoy food, family fun activities and connect with our Mahaska Health experts.

Thursday, September 21st, 2023

5 PM - 7:30 PM at Gateway Church

140 Gateway Dr, Oskaloosa, IA 52577

Call 641.672.3478 or visit mahaskahealth.org/fall-health-fair



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September 28, 2023 • Bridge View Center
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DQ0926 '14 CAT 329EL
excavator



DQ0923 '11 CAT 336E
excavator



DQ3114 Screen Machine
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MQ9336 '17 John Deere 470G
LC excavator



DK4021 '18 Volvo EC220EL
excavator

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7th ANNUAL
2023 Scarecrow
Contest!

PRIZES AWARDED

1ST PRIZE = \$250
2ND PRIZE = \$100
3RD PRIZE = \$50

Scarecrows may be dropped off from October 1st-23rd Drop off before 5:00 pm
Mahaska Drug is not responsible for any damaged or stolen displays
Entries must be able to be outside and withstand weather conditions
Prizes will be awarded on November 2nd! Scarecrows may be picked up on November 2nd

Vermeer Charitable Foundation*presents*

Jaclyn Williams and Mary Glenn

From Fuller Theological Seminary

**The Power of Presence**

Wednesday, October 4, 2023

8:30 a.m.-3:30 p.m.

Vermeer Global Pavilion, 2110 Vermeer Road East, Pella
\$25 registration fee if postmarked by September 27, 2023

\$35 registration fee if postmarked after September 27, 2023

Registration available online at Eventbrite

More information available at Vermeer.com - About Us - Vermeer Charitable Foundation - Leadership Alliance events

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Saturday by appointment

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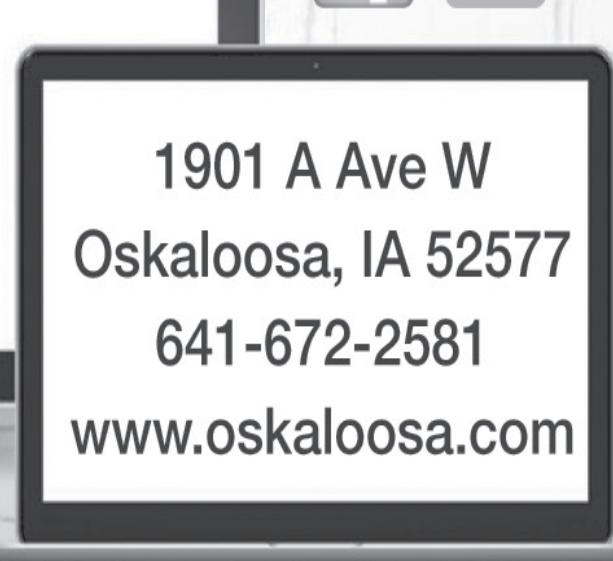
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Saturday, September 23rd**8:00 AM - 1:00 PM****RAIN OR SHINE****Lots of home décor & some small furniture****NO KIDS STUFF****1602 Clay Court, Oskaloosa****JAZZ UP YOUR CLASSIFIED!****JAZZ THINGS UP**For a few extra bucks you can really make your classified ad stand out! Add **bolding**, *italics*, underlining, borders, pictures and graphics, and more! Just ask a classified specialist today!**Stick with the CLASSIFIEDS!****Call 641-672-2581****Activate your online access****NOW!****Your local news is available across all platforms.****Access our print edition and digital archives
at home or on the go.****Call us for
assistance
today!****1901 A Ave W****Oskaloosa, IA 52577****641-672-2581****www.oskaloosa.com**

FURTHER REVIEW

MEANWHILE,

AT THE HALL OF JUSTICE ...

By Charles Apple | THE SPOKESMAN-REVIEW

Brace yourself for another “do you feel old yet?” moment ... The “Super Friends” animated Saturday morning TV series debuted on ABC-TV a half-century ago. It would run off-and-on, in various incarnations, over the next 13 television seasons.

THE ULTIMATE SATURDAY MORNING SUPER HERO TEAM-UP SHOW

Animated versions of DC super heroes had been around since 1942, when Fleischer Studios — famous for its Betty Boop and Popeye cartoon shorts — began making what would be 17 color Superman shorts. In 1967, Filmation studios’ “Superman/Aquaman Hour of Adventure” debuted in CBS’ Saturday morning lineup. The following year, Batman segments would be paired with existing Superman segments.

In 1973, Hanna-Barbera wrestled away rights to DC’s superhero characters and began producing a version of the Justice League of America for Saturday morning TV. In order to make it more kid-friendly, the new series was called “Super Friends” and included what seemed to be common in those days: teenage sidekicks. Wendy and Marvin were typical kids who — along with their pet Wonder Dog — served as sidekicks for the heroes.

Only one season of “Super Friends” was created, but the show was rerun for years. In 1977, Hanna-Barbera was contracted to make a second season, but replaced the sidekicks with super-powered alien twins Jan and Jayna and their pet monkey Gleek.

That year, producers made an effort to bring more racial diversity to the show by adding original characters like Apache Chief, Black Vulcan and Samurai.



Season 1 debuted on ABC on Sept. 8, 1973.



The Legion of Doom’s swamp hideout looks familiar — and that’s intentional.

Throughout the rest of the 1970s and the early 1980s, “Super Friends” would change formats a number of times, add and subtract characters and, at times,

reuse segments from previous incarnations. Starting in 1978, arch-villains from DC comic books such as Lex Luthor and the Riddler began appearing in “Super Friends” episodes, teaming up as the Legion of Doom. Their swamp lair was intentionally designed to resemble Darth Vader’s helmet from the “Star Wars” movies.

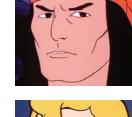
Voice actors would come and go as well. The only two who would perform all seven versions of the show were Danny Dark as Superman and Casey Kasem — the voice of Shaggy on “Scooby-Doo” — as Robin. Cyborg was played by “Ghostbusters” actor Ernie Hudson.

TV and film actor Ted Knight served as the narrator for the show’s first season. Adam West himself — who had played Batman in the live-action 1960 TV series — served as the voice of Batman in the show’s final two seasons.

By the time the series was canceled for good in 1986, there had been a total of 93 episodes — consisting of 174 separate story segments — created.

All the “Super Friends” series have been re-run on the Cartoon cable network and, until this summer, could be streamed on HBO, which was renamed Max. They are still available via Amazon Prime Video and Apple TV+ streaming services.

SUPER FRIENDS ROLL CALL



Apache Chief



Aquaman



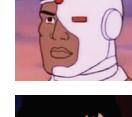
The Atom



Batman



Black Vulcan



Cyborg



El Dorado



Firestorm



The Flash



Green Arrow



Green Lantern



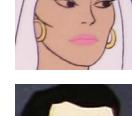
Hawkman and Hawkgirl



Jan, Jayna and Gleek



Plastic Man



Rima



Robin



Samurai



Superman



Wendy, Marvin and Wonder Dog



Wonder Woman

WHO APPEARED IN WHAT SEASON

1973-74 Super Friends	1977-78 The All-New Super Friends Hour		1978-79 Challenge of the Superfriends		1979-80 The World’s Greatest SuperFriends		1980-83 SuperFriends	1984-85 Super Friends: The Legendary Super Powers Show	1985-86 The Super Powers Team: Galactic Guardians
	16 EPISODES	15 EPISODES	16 EPISODES	8 EPISODES	22 EPISODES	8 EPISODES			
Aquaman	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	Introduction only	REGULAR
Batman	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR
Robin	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR
Superman	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR
Wonder Woman	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR
Wendy and Marvin	REGULAR								
Jan and Jayna		REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR
Green Arrow	One episode only								
Plastic Man	One episode only								
Apache Chief		GUEST	REGULAR			REGULAR	REGULAR	REGULAR	REGULAR
Black Vulcan		GUEST	REGULAR			REGULAR	REGULAR	REGULAR	REGULAR
Samurai		GUEST	REGULAR			REGULAR	REGULAR	REGULAR	REGULAR
The Atom		GUEST				GUEST			
Green Lantern		GUEST	REGULAR				One episode only	REGULAR	
Hawkman and Hawkgirl		GUEST	REGULAR			GUEST		REGULAR	
Rima		GUEST					One episode only		
The Flash			REGULAR				Introduction only	One episode only	
El Dorado						GUEST	REGULAR	One episode only	
Firestorm							REGULAR	REGULAR	
Cyborg								REGULAR	

Sources: “Hanna-Barbera: The Architects of Saturday Morning” by the Norman Rockwell Museum, “DC Comics: A Celebration of the World’s Favorite Comic Book Heroes” by Les Daniels, Internet Movie Database, Comic Book Resources, BehindTheVoiceActors.com, SaturdayMorningsForever.com, Will Rodger’s Ultimate Super Friends Episode Guide

ALL IMAGES FROM HANNA-BARBERA PRODUCTIONS AND DC COMICS

NATIONAL FARM SAFETY & HEALTH WEEK

September 18-22, 2023

Raising awareness about farm safety

Each year, the National Education Center for Agricultural Safety sponsors a National Farm Safety and Health Week to educate the public about the dangers of working on farms and promote safe practices in the agricultural industry. Agriculture remains one of the most dangerous industries in America, but many farm-related injuries and deaths can be prevented by making sure that workers receive proper training and equipment undergoes regular maintenance. To commemorate this year's National Farm Safety and Health Week from September 16 to 22, here are some facts you might not know about agricultural safety.

More than 240 agricultural workers are seriously injured on the job each day. In many cases, these accidents occur because workers were not following recommended safety protocols when using certain equipment or methods.

Tractor accidents are the most

common cause of farm-related deaths. Nearly half of all fatalities in the agriculture industry occur because of accidents involving vehicles, especially tractors. Farmers should make sure tractors have the latest safety features, such as rollover protective structures (ROPs), and operators should be well versed in the safety procedures recommended by the manufacturer.

Silos pose serious dangers. Working in silos puts workers in danger of suffocation by grain. Moving grain can become like quicksand and bury a person in seconds. Proper training and protective equipment can help workers stay safe when working with grain in confined spaces.

Heat illness can be deadly. In many parts of the country, agricultural workers are at risk of becoming fatally ill from working in hot and humid conditions. During periods of extreme heat, workers should remember to stay hydrated and take breaks to rest in the shade.

Stay safe when working with equipment

Farms can be the source of all kinds of dangers, but one of the most serious threats that agricultural workers face comes from the threat of exposure to toxic chemicals.

Many farmers rely on chemicals like pesticides, herbicides, veterinary chemicals and fuels to raise their crops, tend their livestock and maintain their farms. When handling hazardous substances, however, farm workers need to be aware of the risks of chemical exposure and take steps to protect themselves and their loved ones. Overexposure to certain chemicals used in farming can result in health effects ranging from headaches and nausea to burns, poisoning, respiratory illness, cancer and birth defects.

Chemicals can be absorbed into the body through inhalation, ingestion or direct contact with the skin or eyes. If you work with agrichemicals, you

should always follow the manufacturers' instructions about how to store, transport, use and dispose of them. In some cases, wearing protective gear — such as gloves, goggles, masks or hazmat suits — when handling chemicals may be advised.

After working with pesticides and other toxic substances, wash your hands thoroughly and place all clothing that came into contact with the chemicals in a sealed bag to be laundered separately.

You should also make sure to store chemicals in sealed containers that are clearly labeled and keep them out of the reach of children and pets.

If someone around you exhibits symptoms of chemical overexposure, you should contact emergency services and help them seek medical attention right away.

Every Farmer Counts

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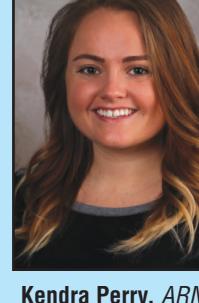
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5:30pm - 7:00pm

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Osky Scavenger Hunt

ABOUT US
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We are doing an awesome collaboration with Osky Open Bible Sober Soldierz Recovery Family Camp-Out!
There will be a scavenger hunt from the Osky Scavenger Hunt group, bouncy houses, dinner, s'mores, baptisms and more.

For more information contact Jayme at 641-840-2277


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5:30 - 8 PM
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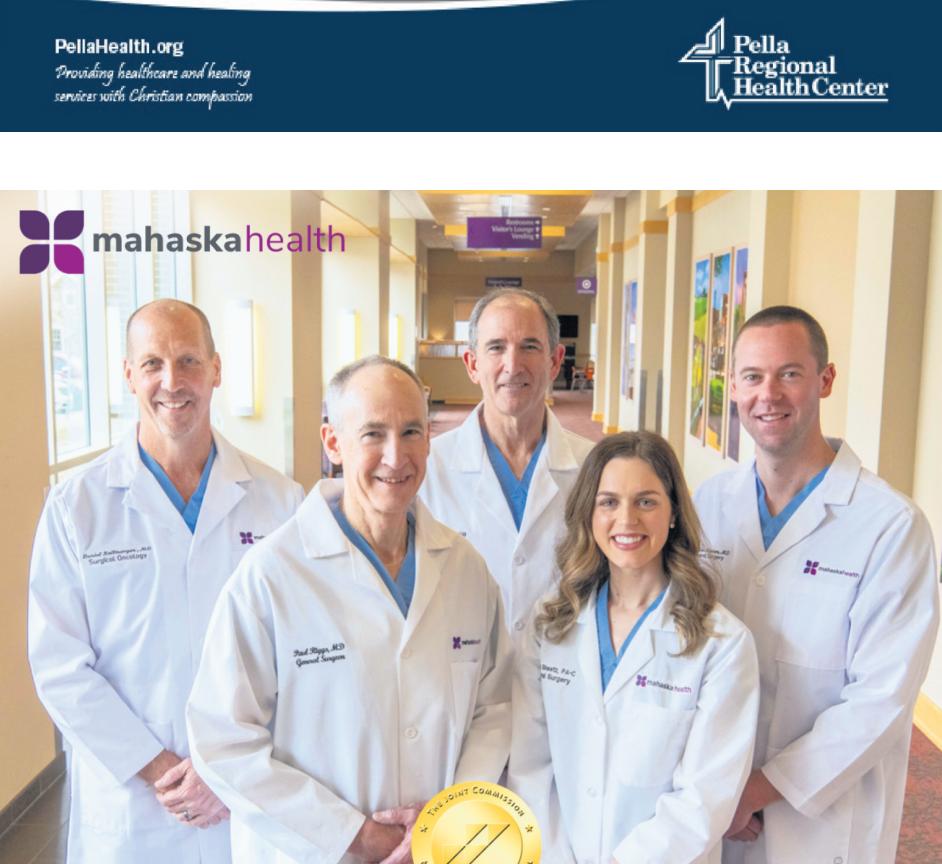
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2023 Oskaloosa Main Street Lighted Christmas Parade

The Heart of
Christmas



You are invited to participate in Oskaloosa Main Street's 36th Annual Lighted Christmas Parade Saturday, December 2, 2023, at 7:00 pm in Downtown Oskaloosa.

Thinking about entering? Here are a few things to remember:

- All entries must be lighted.
- Consider a sign or banner on multiple sides to let the crowd know who you are!
- Entries may NOT include Santa or Mrs. Claus.
- You are welcome to re-use or recycle past years' floats or design and build something new. Please follow health and safety guidance while constructing your float—we want everyone healthy and able to participate in the parade!
- Contact the Chamber for approval of any items to be distributed.
- Any items handed out (candy, etc.) must be handed out directly to the crowd, not thrown from a vehicle or float.

Please refrain from direct solicitation materials (advertisements, coupons, flyers, etc.). Branded merchandise (shirts, pens, toys, etc.) is acceptable.

Awards will be based on originality, use of theme, music, lighting, and creativity. Awards will be presented later in the following categories: Most Outstanding For-Profit Business (1st & 2nd), Most Outstanding Non-Profit (1st & 2nd), Judges Choice, Children's Choice. Parade Entry Applications including narration forms are due Monday, November 6! Questions? Contact Oskaloosa Main Street at 641-672-2591 or events@mahaskachamber.org.

IMPORTANT INFORMATION:

Please note that the parade route will be different this year. The line-up of floats will remain the same, using the same streets as in past years. The route will begin on High Avenue East & South 3rd. It will continue onto South Market and then turn onto 3rd Avenue East to finish out the route at South 3rd. More information will be shared along with the updated map.

*Due to limited parking near downtown, SHUTTLE SERVICES will be provided. The pickup locations will be at Oskaloosa Engineering, Southern Iowa Fairgrounds and Gateway Church of the Nazarene. The drop off location will be near Timeless Treasures/Mi Ranchito. Additional details about the shuttle times will be coming.



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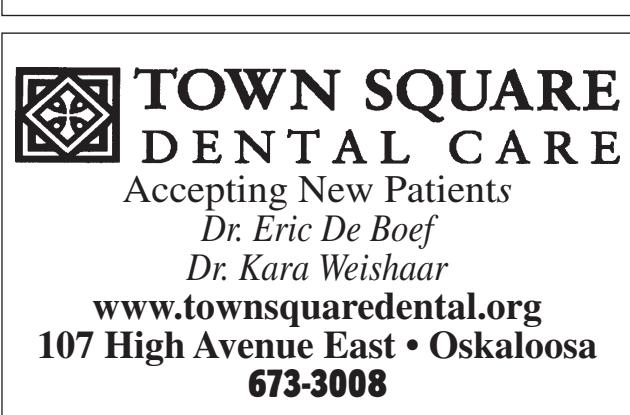
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Equipment Operator:

A job description and application is available at the Mahaska Co. Engineer Office, 2074 Old Highway 163, Oskaloosa, IA, or www.mahaskacountyia.gov.

Successful candidates must be able to pass a physical exam & drug test. CDL Required.

For additional information contact the Mahaska Co. Engineer Office at 641-672-2897

Position will remain open until filled.

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