

Fall 2022

NEWS from AMERICAN TRUST & SAVINGS BANK

Remember your 2022 IRA Contribution



Individual retirement accounts, or IRAs, are personal savings plans that offer tax advantages as you save for retirement. The amounts in these accounts generally are not taxed until you take a distribution starting as early as age 59½ but not later than age 72.

For 2022, you generally can contribute up to \$6,000 to a traditional IRA. This limit can be split between a traditional and a Roth IRA but the combined limit is \$6,000. If you are 50 years of age or older before the end of 2022, the maximum contribution that can be made to a traditional or Roth IRA is \$7,000.

An IRA at American Trust is a safe and secure way to save for retirement while reducing your tax bill at the same time. If you're changing jobs or about to retire, rolling over your retirement account to a secure investment is also very important.

American Trust also offers SEP accounts. A SEP (simplified employee pension) plan provides employers with a simplified method to make contributions toward their employees' retirement and, if self-employed, their own retirement.

Did You Know?



Here is a searchable data base of old newspapers, including the Lowden News, Clarence Sun, and Sun News:
<https://clarencelowden.advantage-preservation.com/>

Guess the photo and you could win!



Can you guess where in Lowden this photo was taken? If so, submit your entry, including your name, address, phone and email address. Drop it by or send it to the bank at:

**309 McKinley Avenue
PO Box 129
Lowden, IA 52255**

Correct entries will be entered in a drawing for four (4) \$25 gift certificates to local merchants. Entries must be received by November 30, 2022.

This is be a quarterly contest, so watch our next newsletter for a new photo!

We have winners!

Pat Dewell, Marlene Fox, Donna Sander, and Jan Strackbein correctly guessed that the photo in our Summer newsletter was taken at Al and Deb Helmold's building at 105 4th St. They will each receive a \$25 gift certificate for Lowden merchants.



With the fall harvest upon us, farm families should be alert to the dangers and practice farm safety. In any year, there are many close calls for Iowa producers - in the field, in livestock pens, in grain bins and on Iowa's roads. Each is a reminder that jobs associated with agriculture are among the most dangerous ways of making a living in Iowa.

Studies show that a majority of farm-related fatalities and injuries occur from May through October, with peak injury periods during planting and harvest.

Collisions with vehicles

With the majority of farm fatalities and injuries involving vehicles, defensive driving is critical to the safety of operators moving farm equipment on Iowa's roads. A major cause of tractor collisions on public roads is the difference in speed between cars and tractors.

Here are some practical tips that can help.

- Have reflectors and slow-moving vehicle emblems (in Iowa, SMV emblems are required for vehicles traveling less than 30 mph*) in place on all tractors and implements.
- Make sure reflectors and SMV emblems are clean and in good condition.
- Use warning lights on tractors. They can help protect you from being hit by motorists.

- Consider installing lights on the back of wagons and farm implements at the eye level of motorist.

Non vehicle injuries

Non vehicle injuries are among the most preventable on the farm. To reduce the likelihood of these injuries, make sure surfaces are free from spilled grain, debris and mud. Check to see that all machinery and equipment is operating properly and that all shields covering moving parts are in place on tractors, implements and other equipment. What may seem like minor repairs now could have major implications later. Some of the most alarming injuries involve power take-off (PTO) units. Developing safe work habits is the key to reducing the number of PTO related injuries.

Involve children in farm safety checks. Talk to children about dangerous areas. Make sure they understand which areas are off limits. Remind them of the rules on a regular basis; listing the rules once is not enough. Devote an entire day to family safety instruction. It is important that everyone develops a "safety first" attitude on the farm. Just as "town" kids who visit a farm need to be taught farm safety rules, "farm" kids need reminders that safety is a concern no matter where you are. Reminders include looking for traffic and the steps to take or who to ask for help if they get separated from you.

Even if all precautions are taken, accidents can still occur. Take extra time, slow down, and prevent those that can be avoided. Protect the valuable human resources on Iowa's farms this year by being alert, cautious and having a safe harvest.

Johanns, Ann. "Protecting human resources should be part of farm risk management." Accessed September 13, 2022. <https://www.extension.iastate.edu/agdm/newsletters/nl2016/aug16.pdf>

Selling stuff online? Here's how to avoid a scam



Selling stuff online can be a great way to make some extra cash. Craigslist, Facebook Marketplace, and other sites attract a lot of buyers — and scammers. Here are some ways scammers try to cheat you and what to do about it.

Fake payments and bogus refund requests

A scammer posing as a buyer says they want to buy the thing you have for sale. When it comes time to pay, they insist on paying through a mobile payment app. They send you a fake payment notification and hope you send the item before you realize it's a scam.

Or they say there was an issue with the payment they sent. For example, they might say they accidentally paid you twice and ask you to refund one of the payments.

Fake check overpayment

The scammer offers to give you a check for more than the

October is Cybersecurity Awareness Month

Now more than ever, consumers spend increasing amounts of time on the Internet. With every social media account you sign up for, every picture you post, and status you update, you are sharing information about yourself with the world.

Here are some steps to be proactive and stay safe online:

- Remember, there is no ‘Delete’ button on the Internet. Share with care, because even if you delete a post or picture from your profile seconds after posting it, chances are someone still saw it.
- Update your privacy settings. Set the privacy and security settings to your comfort level for information sharing. Disable geotagging, which allows anyone to see where you are—and where you aren’t—at any given time.
- Connect only with people you trust. While some social networks might seem safer for connecting because of the limited personal information shared through them, keep your connections to people you know and trust.
- Never click and tell. Limit what information you post on social media—from personal addresses to where you like to grab coffee. What many people don’t realize is that these seemingly random details are all that criminals need to know to target you, your loved ones, and your physical belongings—online and in the real world. Keep Social Security numbers, account numbers, and passwords private, as well as specific information about yourself, such as your full name, address, birthday, and even vacation plans. Disable location services that allow anyone to see where you are—and where you aren’t—at any given time.
- Speak up if you’re uncomfortable. If a friend posts something about you that makes you uncomfortable or you think is inappropriate, let him or her know. Likewise, stay open-minded if a friend approaches you because something you’ve posted makes him or her uncomfortable. People have different tolerances for how much the world knows about them, and it is important to respect those differences. Don’t hesitate to report any instance of cyberbullying you see.
- Report suspicious or harassing activity. Work with your social media platform to report and possibly block harassing users. Report an incident if you’ve been a victim of cybercrime. Local and national authorities are ready to assist you.

selling price. They tell you to deposit the check and send the difference back to them.

The check is fake, but if you deposit it, it’ll appear in your account balance. That’s because banks must make your money available quickly, usually within two days.

When a bank says the check cleared, that doesn’t mean it was a good check. It can take weeks for the bank to figure out the check was fake. By that time, the scammer has the item you sold and the money you sent back. And the bank takes the money from the fake check out of your account.

Fake verification codes

A scammer posing as a buyer says they’ve heard about fake online listings and wants to verify that you’re a real person. They send you a text message with a Google Voice verification code and ask you for that code. If you give it to them, they’ll use it to create a Google Voice number linked to your phone number.

Then the scammer could use the Google Voice number to rip off other people. If someone tracks the Google Voice number, it’ll be linked to your real phone number. That’s how the scammers conceal their identity.

Advice for selling things online

Many sites recommend selling your stuff to a local buyer you can meet in person and only accepting cash payments. If you’re not selling locally, see what seller protections the site offers.

To avoid a scam:

- Don’t accept a mobile payment from someone you don’t know.
- Never deposit a check for more than the selling price.
- Don’t share your Google Voice verification code — or any verification code — with someone you don’t know.

Mark Your Calendar



All-You-Can-Eat Fish Fry – Lowden American Legion



- Friday, October 7
- Friday, November 4
- Friday, February 3
- Friday, March 3
- Friday, April 7

Serving from 5:30 to 7:30 pm. Only \$15 for adults and \$5.00 for children 5 to 12. Carry outs are available.

Craft and Vendor Show

Saturday, October 22, 2022 • 11AM – 3PM
North Cedar Elementary

Trunk or Treat

Monday, October 31, 2022 • 5 – 6 PM
Lowden Memorial Park

Trinity Lutheran Church Turkey Dinner

Sunday, November 13, 2022 • 11AM – 12:30 PM

3/30 Stag

Friday, November 18, 2022 • 5 PM
Location: 3/30 Country Club, Lowden
Open to the public.

Trinity Lutheran Church Live Nativity & Community Christmas Concert

Sunday, December 4, 2022 • 6:30 PM

Lowden Holiday Festivities

(At American Legion, unless noted otherwise)

Saturday, December 3, 2022

- A. Festival of Trees 3 – 6 PM
- B. Soup Supper 4 – 6 PM
- C. Santa 3 – 6 PM
- D. Cookie Walk 3 – 6 PM
- E. Christmas Shop and More 3 – 6 PM at the Library
- F. Lions Kid Sight 3 – 6 PM
- G. Lighted Parade 6:30 PM



Christmas and New Year's

Christmas – Observed on Monday, December 26
No business will be transacted.

Friday, December 30

All 2022 business must be at the bank by 12 noon when the lobby and drive-up bank will close for the day.

New Year's – Observed on Monday, January 2, 2023
No business will be transacted.

Best wishes for a joyous holiday season!

Other Bank Holidays

- Monday, October 10 in observance of Columbus Day.
- Friday, November 11 in observance of Veterans Day.
- Thursday, November 24 in observance of Thanksgiving.

- On Friday, November 25, the lobby and drive-up closes at 3 p.m.
- Monday, January 16, 2023 in observance of Martin Luther King Day



AMERICAN
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