

Crescent

Hills • Steen • Beaver Creek

Thursday

July 16, 2015 Volume 21, Issue 29 75¢

✓ Hills T-ball season wraps up pg 2 ✓ Local students visit the Capitol on D.C. trip pg 6



This black and white photograph of the 1932 tornado near Steen was shared by Greta Bosch Vander Brink.

Crescent looks back on tornado of 1932

By Glenda McGaffee

The worst tornado in the memory of the earliest settlers in the community struck near Hills and Steen Saturday evening July 9, 1932, shortly after the supper hour.

The storm hit between 6:30 and 7 p.m., coming from the west and headed east along the Minnesota-Iowa state line and passing south of Hills.

According to the July 14, 1932, Hills Crescent the twister was accompanied by a severe electrical storm, the likes of which has never been heard before. The air was fairly charged with static electricity and the loud claps of thunder and lightning were something awful. One of the hardest rains of the season also came down.

The tornado left two dead in its path. Warner Fien, who lived three miles west of Hills and Jennie Bosch who lived south of Steen on the farm now occupied by Jason Kroon.

Several others were badly wounded but recovered.

Wherever the tornado hit it made a clean job, and only the cellars or cement foundations stood as a mute reminder of the buildings they supported.

Residents of Rock Rapids report seeing the tornado at work south of Steen. They described it

as a funnel-shaped cloud that swooped down on a farm and just as it hit it looked like a giant firecracker had exploded.

The whirling mass then turned black for a few seconds and after leaving the place turned gray, until it came to the next farm home when it exploded and again became black.

Warner Fien together with his father-in-law, William Bos, was in the barn milking at the time of storm. As told by Bos, who miraculously escaped death in the barn, no warning of the approaching storm was noticed until he attempted to open a door on the south side of the barn.

The wind then struck, and Bos lost part of his third finger on his left hand, as the door swung shut, throwing him back into the barn under the cattle. He crawled from under the cattle and in between two mangers, just as the wind took the barn.

Neighbors Oscar Sexe and Sverre Stange were the first to arrive after the storm and finally located Fien 40 rods east of the barn in the pasture. He was rushed by ambulance to the hospital in Sioux Falls but in spite of all medical aid he passed away that night at 11:10

p.m. while they were X-raying him for internal injuries.

The Frank Wassenaar place near Steen was another farm in its path. Here again the wind took everything on the place leaving only a few tree stumps and the

Rock Rapids residents described it as a "funnel-shaped cloud that swooped down on a farm and just as it hit it looked like a giant firecracker had exploded."

foundations of the buildings to show that there had been a home.

Mr. and Mrs. Wassenaar and Albert Samuels went into the cellar when they saw the cloud approach, and their only injury was a cement block falling on Albert's foot.

Both of their cars, that were on the place were carried nearly half a mile east of the house and twisted into piles of junk.

Again the storm turned northeast and dropped down on the John Bosch Sr. farm, taking everything except the chicken coop.

Greta Bosch Vander Brink, Luverne, remembers her mom,

Alice, and dad, John, talking about the tornado. The day was very hot and humid with temperatures reaching 100. Her father, John, was not at home.

Due to hard times he had found employment outside the farm working on Highway 75. The family was getting ready to eat their evening meal and just finished when looking out the window noticed how black the sky was becoming.

They were reading the Bible and it was becoming very noisy with a sound like a freight train. Alice realized it was a tornado and attempted to reach the cellar with her five children Dries, Everett, Gerrit, Annie and Jennie.

She realized it was impossible so she told the children to lay on the floor in the living room and pray.

They felt the floor lifting and saw the windows being sucked out. When the family regained consciousness they were in the hog yard. Their clothes were all removed except for a maternity girdle on Alice, which probably saved the life of her unborn child, John, Jr.

Alice received a fractured leg and bruises, besides lacerations over her entire body. Three of the children Annie, Jennie and Gerrit also

received broken limbs, with Jennie the most seriously injured. All were taken to Luverne Hospital.

Meanwhile, John was on his way home and stopped in Steen to purchase groceries and that is where he heard the news about the tornado.

Daughter Jennie, 4 1/2 years old received internal injuries and died a couple of days later in the hospital. Vander Brink recalls her mom talking about being in the hospital and hearing her young child screaming in pain in the next room.

Other reports in the Hills Crescent were:

Little Abraham Fien, son of Warner Fien, was at the Joe Bos home when the storm hit, or else he would have been with his father in the barn milking at the time of the storm.

Several farmers reported seeing as many as five different tornado formations.

Hail stones as big as chicken eggs followed the tornado south of Steen.

It was reported in the Hills Crescent over 7,000 cars from Minnesota, Iowa and South Dakota drove through the storm area south of Steen the following day to look at the damage.

State gives \$12.5 million to small communities for city street repairs

Each city in Rock County smaller than 5,000 residents to receive the funds for road maintenance

By Mavis Fodness

Each Minnesota community smaller than 5,000 residents will split \$12.5 million for city street repairs, thanks to the Small Cities Assistance Bill passed during the recently completed Legislative session.

The one-time funding is in lieu of a transportation bill that

earmarks funds for road repairs in townships, cities larger than 5,000 residents, counties and state-aid highways.

Cities with fewer than 5,000 residents receive road repair funds through a portion of their county funds, an amount that has dwindled each funding cycle, said Carolyn Jackson with the

Coalition of Greater Minnesota Cities.

"This (directly) gives small cities some money for city streets," she said.

Each community in Rock County will receive funds this year, the first payments arriving this week.

The announcement came

as the city of Hardwick decided to spend roughly \$12,000 to fix more than 3,300 square feet of potholes on its city streets.

Action taken at the July 9 meeting authorized Shawn Staples of Southwest Sealcoating in Hardwick to fill the numerous potholes that dot each street. Council members questioned

if the holes could be repaired in preparation for possible sealcoating next year.

"I just looked at the worst of the worst," Staples said. "Given the condition the streets are in ... I cannot give any guarantees."

One such location, Staples

Road funds/cont. on page 3

weather
REPORT



JULY 5 - JULY 11 WEATHER

High temperature for the week:	92	Rain amount for the week:	1.17 inches
Low temperature for the week:	49	Moisture total for July:	1.17
Average temperature for the week:	71		

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Glenda McGaffee photo/0716 blue team
 T-ball Blue Team members are (front, from left) Tatyana Williams, Ava Steinhoff, Sage DeBoer, Emma Lee Holwell, Alli Schouwenburg, Lily Top, (back) Holden Bennett, Hunter Leenderts, Kenton Husiman, Rocky Jimenez and Anthony Foote. Not pictured is coach Bud DeBoer.



Glenda McGaffee photo/0716 gray team
 T-ball Gray Team members are (front, from left) Keiton Koller, Auston Olson, Easton Bakker, Jed Fagerness, Elijah Graves, Braxton Kaiser, (back) Charlette Donth, Hope Bosch, Khloe Susie, Ruby Susie, Hailey Moser and coach Toby Kaiser.



(Submitted photo)
 T-ball White Team members are (front, from left) Carie Merson, Ava Rainford, Brooklynne Hubbard, Ella Rheault, Macy Heubrock, Norah Top, (back) Hunter Holter, Jackson Van Maanen, Max Sammons, Riggins Rheault and Garret Blank.



Glenda McGaffee photo/0716 red team
 T-ball Red Team members are (front, from left) Reagan Spath, Faith Taylor, Tayten Day, Brynn Bakken, Karson Metzger and Camdyn Broedser, (back) Gunnar Bork, Oliva Deelstra, Claire Boeve, Brystol Teune, Brodie Metzger, Aspyn Bartels and coach Travis Day.



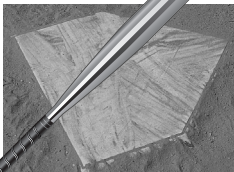
June means T-ball season concludes in Hills

Four teams of Hills-Beaver Creek Community Education T-ball wrapped up their 2015

season in Hills in June. T-ball is for preschool and early elementary students,

typically ages 4-6, to provide an introduction to baseball and softball that is grounded in fun,

fitness and fundamentals. Above are the team photographs of the summer players.



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Tuff blooms

Shirley Honken is pictured with her 15-bloom red geranium at the Tuff Village, Wednesday, June 3. She said the geranium is 2 years old and just keeps on blooming. “I fertilize it, pick off the dry leaves and place it in an east window for sunshine,” said Honken, who will observe her 75th birthday this month.



Glenda McGaffee photo/0611 Honken and geranium

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Trip down memory lane ... Remember 1988?

By Glenda McGaffee
The 125th anniversary of Hills and All School Reunion was held in June and the Hills Crescent is traveling down memory lane, to observe the land-mark year.

This week's edition highlights the class of 1988.

The annual that year was dedicated to Hugo Goehle. The 1987-88 basketball season was proof that Goehle played his cards right.

The boys' victory over Jasper marked Goehle's 500th career win, making him a legend, as well as putting Hills-Beaver Creek on the map.

Completing the season with a 19-3 record, the year was even more special coaching his son, Tom, in his final season. Being named District 8 Coach of the Year was just one more honor bestowed upon Coach Goehle. For these reasons, the 1987-88 Patriot annual was dedicated to Hugo Goehle.

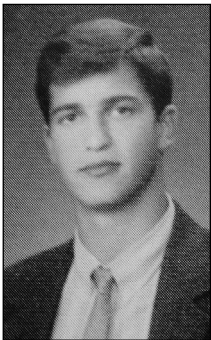
Gordon LeBoutillier was superintendent and Greg Spath was principal.

H-BC School Board members were Patricia Paulsen, Alan Harnack, Charles Kueter, Jack Wyson, Roland Crawford, George Langford and Wendell Erickson.

Faculty members were David Deragisch, Leon Pick, Loretta Merrill, Roger Jackson, Ron Solberg, Alan Berdahl, Greg Ebert and Cindi Ebert.

Hills-Beaver Creek High

School Class of 1988 Thomas Goehle was asked the following questions:



What was the best lesson you learned from school, not necessarily in academics?

To be thankful for what you have, for those around you and for what others do for you.

What was your favorite school lunch?

The one next door. I lived right next to the school.

What did you do right after high school?

I had a great summer!

What was your proudest achievement after high school?

To be able to come to Hills-Beaver Creek to teach, coach and live near the people in the same school and community that gave so much to me is still one of my proudest moments and greatest blessings.

Tell us what you're doing now, where you live and about yourself?

I am now an assistant woman's basketball coach at the University of South Dakota and will be living in Vermillion, South Dakota. On May 27, I traveled to Kenya to share the love of Jesus with the people there, help train teachers at a Christian boarding school and start a basketball program there as well.



Submitted photo/ 0716 3rd and 4th graders baseball tournament

YOUTH SLUGGERS TAKE FIRST PLACE

Five teams of third- and fourth-graders participated in the Minn Dak League Pee Wee Bronze Tournament in Hills Saturday, and Sunday, July 11, and 12. Teams represented were H-BC Red, H-BC Blue, Tri-Valley Winter, Tri-Valley Alliance, Tri-Valley DirectTV and Baltic. The winner of the tournament was the H-BC Red Team, which defeated Tri-Valley Direct TV 6-3. Red Team members include (front, from left) Damion Meinerts, Skyler Steensma, Jamin Metzger, Ethan Erickson, Logan Susie, (second row) Alex Harris, Riley Tatge, Carter Vande Voort, Eli Taubert, Collin Schoneman, Brayden Metzger, (back) coaches Jim Susie, Cory Meinerts and Brad Schoneman.

Road funds/continued from page 1

pointed out, was on South Prospect Street where the area is too large for Staples to patch by hand.

"We have to do something with our streets," said member Carey Tunnissen. "We have gone too long."

Work is scheduled to begin in early August.

Hardwick will receive \$9,020 through the Small Cities Assistance Bill.

Other Rock County communities and the amounts they will receive are: Luverne \$54,275, Hills \$14,424; Steen \$9,299; Magnolia \$8,069; and Kenneth \$7,274.

The funding amounts are

based on population and lane miles within each community. Minimally, communities would receive \$5,100 with the largest amount at \$62,000.

There are 706 cities in Min-

nesota with fewer than 5,000 residents.

Jackson said efforts are in place to lobby for the assistance bill to become a continual funding stream for small city streets.



Unique tree grows at Beaver Creek Cemetery

By Glenda McGaffee
This distinctively characteristic tree is located in the Beaver Creek cemetery. A second branch takes a unique turn as the third branch grows up.

The Beaver Creek Cemetery located north of Beaver Creek is probably a true landmark to the town of Beaver Creek.

A little girl by the name of White was the first death in the village. She was buried on the property now known as the Beaver Creek Cemetery.

The town of Beaver Creek, located on the banks of the creek from which it derived its name, was established in 1877 and is the second oldest municipality in Rock County after Luverne.





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4-H’ers perform for Presentation Night

Rock County 4-H conducted their annual Presentation Night on Monday, July 6, with members participating in performing arts, demonstrations, foods review and club banner judging.

This year’s performing arts performances included piano, clarinet, flute, saxophone and vocal selections, as well as a dance presentation.

Participants receiving blue ribbons were Michaela Abels, Alex Hartman, Sarah Essman, Hannah Kruse, Krista Burkman and Elise Ferrell-Johnson.

Gabrielle Ferrell-Johnson received a purple on her vocal solo. Alli LaRock received Reserve Champion with her vocal/hand/cup performance, and Josie Scholten received grand champion on her flute solo.

Foods review participants receiving blue ribbons included Cassi Chesley, Katherine Kelm, Danette Leenderts, Allison LaRock and Michaela Abels. Sarah Stegenga, Elisabeth Kelm and Ryleigh Beers received purple awards.

Alexa Chesley received reserve champion on her “Tropical Tacos” and Maddie Stegenga received



Alli LaRock received Reserve Champion with her vocal/hand/cup performance

grand champion on her “Masquerade” meal and place setting.

Demonstrations included Joni VanderBeek’s “Tacking Up” with her horse receiving a purple, Hannah Kruse’s “Bite into Beef” receiving reserve champion, and Andrew Raak’s “The Cow’s Stomach” receiving grand champion.

Club banners were also judged with Livewires receiving the grand champion and Blue Mound Climbers receiving reserve champion. Both clubs earned a state fair trip.

410 W 2ND, HILLS

Perennial Paradise on over 1 acre of land. This home features 3 bedrooms, with a main floor laundry room, a full bath and a 2nd 3/4 bath in the lower level. If you have a love of nostalgia you love the antique bar from Jasper, MN in the lower level family room. In 1993 custom cabinetry was installed in the kitchen with a separate island and desk unit. Appliances are included with the sale and you'll love the kitchen pantry area for extra storage. The bathroom vanity and make up vanity plus several additional areas will feature similar custom made cabinetry as the kitchen. The 4 season room has a lot light during the day but when you require a little privacy you'll appreciate the quality of the insulated blinds. All other window treatments are included with the home as well. A list of trees, perennials and shrubbery will be included with disclosures. This is a well maintained property that you must see to appreciate the immaculate condition.

300 S JOSEPHINE, HILLS

You will find Charm and Character throughout this 2 story home located on a larger corner lot. The spacious front entry has wood floors which lead to the living room or the open stairway leading to the 2nd level. Main level features a form dining room, kitchen with pantry and a large entryway to the back yard. Upper level hosts 4 bedrooms and an updated bath. The lower level is additional space waiting to be finished. Enjoy the covered front porch or move the gathering to the large privately fenced in backyard. Recent upgrades include a furnace, shingles and some windows.

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Whither soever

By Glenda McGaffee

By Glenda McGaffee

According to the United States Department of Agriculture, July is Blueberry Month. Did you know blueberries are grown in 35 out of 50 states? Blueberries are often listed in the top ten lists of the healthiest foods.

The blueberry is juicy and delicious, and even though it is small, it offers big nutritional benefits. The blueberry has the highest anti-oxidant capacity among all fruits and vegetables.

Anti-oxidants are essential to brain health by helping cellular structure.

There is new evidence that the consumption of blueberries can improve memory. In a research study of older adults (76 years and older), results showed improved cognitive scores after 12 weeks of consuming two to three cups of blueberries daily. Eating this delicious fruit may even postpone cognitive problems often associated with aging.

Some of my favorite ways to enjoy blueberries are with vanilla ice cream. My brother Marv had a cabin located on Eagle Lake near Battle Lake, Minnesota, and my parents and I would visit him in the summer.

One of my memories is eating soft serve vanilla ice cream from the local Dairy Queen with fresh blueberries purchased at the local farmers market.

Here are more blueberry facts and tips:

- Regular consumption of blueberries is not only helpful in brain health, but also lowers blood pressure.
- Blueberries are low in fat and full of fiber.
- Maine, Michigan, New Jersey, Oregon, Georgia and North Carolina are heavily involved in blueberry farming.
- Blueberries are also a good source of vitamin C, vitamin K and manganese, which plays an important role in bone development.

So when purchasing blueberries remember some of these facts.

This week I have two recipes that use blueberries.

- Blueberry Muffins**

1 3/4 cups flour

4 tablespoons sugar, divided

2 1/2 teaspoons baking powder

3 /4 teaspoon salt

1 egg, well beaten

3 /4 - 1 cup milk

1 /3 cup oil

1 cup blueberries

Sugar
1. Preheat the oven to 400 degrees.
 2. Sift the flour, 2 tablespoons sugar, baking powder, and salt into a bowl and make a well in the center of the bowl.
 3. Combine the egg, milk, and oil in a small bowl and pour into the well of the dry ingredients.
 4. Stir quickly to moisten, but do not stir too much.
 5. In a bowl, toss the blueberries with the remaining 2 tablespoons sugar and gently stir in the the batter.

6. Grease the muffin tins and fill each section 2 /3 full.
 7. Sprinkle the tops with sugar.
 8. Bake 20 - 25 minutes.
- Yields: 12 muffins
- Blueberry-Caramel Skillet Cobbler**

6 cups fresh blueberries (about 3 pints)

2 teaspoons vanilla extract

1 cup plus 3 tablespoons flour

3 / 4 cup brown sugar

2 tablespoons fresh lemon juice

1/ 4 cup granulated sugar

1 ½ teaspoons baking powder

1 /2 teaspoon salt

5 tablespoons butter, cut into small pieces, at room temperature

3 large egg yolks,

1/ 2 cup buttermilk

Preheat the oven to 375 degrees. Toss the berries with 1 teaspoon vanilla and 3 tablespoons flour, set aside. Combine the brown sugar and 3 tablespoons water in a medium ovenproof skillet. Cook over medium heat, stirring, until thick and caramelized, about 7 minutes. Remove from heat, stir in the lemon juice, then the berry mixture and set aside.

Whisk the remaining 1 cup flour, the sugar, baking powder and salt in a large bowl. Add the butter and work it into the flour mixture with your fingers until evenly incorporated and mixture resembles fine meal. Whisk the egg yolks with the buttermilk and remaining 1 teaspoon vanilla in a small bowl, then gradually whisk into the flour mixture until the batter is smooth. Spread the batter evenly in the skillet so the berries are almost covered.

Bake until the top is golden, about 35 minutes. Let stand at least 10 minutes before serving.

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Close the Gate

By Nancy Kraayenhof

Duet

Some foods just go together. Milk and cookies. Pretzels and beer. Peanut butter and jelly. Wine and cheese. Bread and butter. Oil and vinegar. Cream and sugar. Biscuits and gravy. Burgers and fries. Peanuts and Coke. Strawberries and cream. Salt and pepper. Ham and eggs. Chips and salsa. Meat and potatoes. Mac and cheese. Bagels and cream cheese. Toast and jam. Milk and honey. Rum and Coke. Chicken and dumplings. Beans and rice. Bacon and eggs. Pork and beans. Liver and onions. Sugar and spice. Gin and tonic. Peas and carrots. Cake and ice cream. Spaghetti and meatballs. Chips and dip. Fish and chips. Green eggs and ham. Franks and beans. Soup and salad. Turkey and stuffing. Cheese and crackers.

Some people (or characters) just go together. Adam and Eve. Romeo and Juliet. Jack and Jill. Punch and Judy. Pebbles and Bam Bam. Abbot and Costello. Ricky and Lucy. Tom and Jerry. Hansel and Gretel. Lady and Tramp. Red Riding Hood and the Big Bad Wolf. Bert and Ernie. Oscar and Felix. Fred and Ginger. Mickie and Minnie. Ben and Jerry. Tweedle Dee and Tweedle Dum. Starsky and Hutch. Popeye and Olive Oil. Dick and Jane. Batman and Robin. Bill and Ted. Captain and Tenille. Timon and Pumba. Tarzan and Jane. Uncle and Aunt. Barney and Betty. Brooks and Dunn. Dorothy and Toto. Cops and robbers. Sponge Bob and Patrick. Robin Hood and Little John. Dr. Jekyll and Mr. Hyde. Husband and wife. Brother and sister. Roy Rogers and Dale Evans. Grandpa and

Grandma. Road Runner and Coyote. Cat and mouse. Bogie and Bacall. Sonny and Cher. Mutt and Jeff. Fred and Wilma. Thing One and Thing Two. Santa and elves. The Lone Ranger and Tonto.

Some things just go together. Dogs and bones. Movies and popcorn. Wind and rain. Thunder and lightning. Nuts and bolts. Birds and bees. Bow and arrow. Robe and slippers. Pencil and paper. Knife and fork. Hammer and nail. Table and chair. Needle and thread. Moon and stars. Fiddle and faddle. Jack and bean stalk. Faith and hope. Body and soul. Hands and feet. Arm and leg. Life and death. Trials and tribulations. Hide and seek. Surf and turf. Sick and tired. Soap and water. Tooth and nail. Pots and pans. Now and again. Song and dance.

Wine and dine. Horse and carriage. Lock and key. Tooth and nail. Heaven and earth. Picnics and ants. Peace and quiet. Sweet and sour. Pins and needles. Forgive and forget. Cash and carry. Ball and chain. Love and marriage. Spic and Span. Aces and eights. Hugs and kisses. Fire and ice. Ying and yang. Alpha and Omega. Cup and saucer. Zig and zag. Bat and ball. Socks and shoes. Vim and vigor. Camping and s'mores.

I'm sure there are a lot more but this is all I can think of right now. My point is that some things just naturally go together. It is easy. It is simple. You think of one and the other just pops in right along side.

My husband, Doug, is a singer. He is currently singing with the Gospel Gold Quartet. They are very good together but I think

he is even better as a solo act. Then I think of all the couples that are able to sing together. What I wouldn't give to be able to sing well enough to do a duet with him! Not just like karaoke stuff but the real thing! Sadly, it's not something you can learn. Maybe when you're younger but not at my age anyways. I couldn't carry a tune in a bushel basket. I sing at daycare always but the kids are too young to understand just how really, truly awful I am. That's a good thing, I suppose.

I'll be happy with the voice I have, I'll close the gate because perhaps:

It's a special sort of harmony duet when one sings and the other claps!

Cleverly disguised as a responsible adult, I'm Nancy Kraayenhof. ©2015

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Valley Springs Reformed Church
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Ray Heidenson, Pastor
Sunday, July 19: 9 a.m. Worship Service.
Tuesday, July 21: 7 p.m. Church Council meeting.

Palisade Lutheran Church
211 121st St.
Garretson, S.D.
Ph. 507-597-6257
firstpalisade@alliancecom.net

Ray Heidenson, Pastor
Sunday, July 19: 10:30 a.m. Coffee Cup Sunday Worship Service.

Steen Reformed Church
112 W. Church Ave. Steen
Ph. 855-2336
Sunday, July 19: Worship Service with Holy Communion and baptism. Pulpit Supply: Reuben Sinnema. 6 p.m. Evening Service. Pulpit Supply: Grant Diekevers. 6:30 p.m. RCYF.
Monday, July 20, through Tuesday, July 28: Reuben and Val on vacation.
Monday, July 20: No Consistory meeting.
Thursday, July 23: 8 a.m. Bulletin deadline.

Bethlehem Lutheran Church
Interim Pastor Grant Fisher
112 N. Main St., Hills
Ph. 962-3270
e-mail: bethlehempluth@alliance com.net
Sunday, July 19, through Thursday, July 23: 5:30 to 8:30 p.m. Vacation Bible School.
Sunday, July 19: 9 a.m. Worship at Tuff Chapel. 10 a.m. Communion at Bethlehem.
Tuesday, July 21: 2:30 p.m. Tuff Home Bible Study. 3:15 p.m. Tuff Village Bible Study.
Wednesday, July 22: 9 a.m. Quilting.

Hills United Reformed Church
410 E. Central Ave., Hills
Office Ph. 962-3254
e-mail: hillsurc@alliancecom.net
Alan Camarigg, Pastor
Sundays: 9:30 a.m. and 6 p.m. Worship Services. Sunday School and Catechism after morning worship.
1st Sunday of each month: Fellowship dinner after Sunday School



Dr. Reynolds' goal "to give highest standard of care"

Dr. Ross Reynolds at Rapids Chiropractic, Rock Rapids, Iowa, knew early in his health care career he wanted to become a Certified Chiropractic Sports Physician (CCSP®), a highly-advanced degree of chiropractic that specializes in the treatment of athletes, after having been treated by one as a high school athlete.

“Chiropractic treatment was always there whenever I had sports injuries throughout high school and college,” he said. “I would’ve never been able to play all those years without some form of therapy from the chiropractor and when I was in high school our trainer on the sidelines was a chiropractor who had the Certified Chiropractic Sports Physician degree. That intrigued me and I always thought it was something I wanted to do eventually,” said Reynolds.

He recently obtained the postgraduate designation of Certified Chiropractic Sports Physician by the American Chiropractic Board of Sports Physicians and is the area’s only chiropractor to hold the advanced degree.

The certification required Reynolds to attend 120 hours of coursework that included live seminars, emergency procedures such as CPR, hands-on training in kinesiology taping, athletic taping and advanced extremity work such as on wrists, elbows and knees and several online classes specific to physical fitness and the evaluation and treatment of injuries encountered in sports.

The classes included team and exercise physiology, concussion testing and management, common athletic spinal conditions, sports radiology and sports rehabilitation. Reynolds also passed a 225-question national board exam to become one of 5,500 chiropractors to hold the certification.

The advanced degree does not replace the doctor of chiropractic degree but instead enhances Reynolds’ diagnostic

skills and patient care. “It’s still a doctor of chiropractic degree but I wanted to further my education and evaluate and treat athletes,” he said.

Reynolds is also highly advanced in the treatment of soft tissue injuries such as tendons and muscles. “I use the Active Release Technique and the Graston technique, which uses specialized stainless steel tools for treating those types of injuries,” he explained. “You can go to the chiropractor for more than just neck or back pain. If you have sprains or strains or hamstring/groin injuries, etc., all those types of injuries benefit from these specialized techniques.”

Having come from a football background, both in high school and college, Reynolds hopes to contribute to the communities in which his patients live, specifically the athletes, both on the field or court and off.

“I want to give back to the community and to the athletes as much as possible and to be there when injuries happen,” he said. “I hope to be on the sidelines for the junior varsity football games because there’s no one there (on the sidelines) — no ambulance, no trainer or doctor on the sidelines; so I could be there to do triage should someone have an emergency such as cardiac arrest,” he explained.

He sees a need for a health care professional to act as a triage person in those situations. “For example, if someone needs CPR or needs their ankle taped or they’re bleeding or suffered a concussion then I’m there to triage them to see if they are OK to go back into the game or help decide if the ambulance needs

to be called or they need to go to the hospital. With this degree, I’m specializing in the treatment of athletes in the office, but on the sidelines I’m more of a triage person in the case of an emergency like heart attack or concussion.”

One of the main emphases of the coursework Reynolds completed for earning the degree was on evaluating athletes’ injuries for their return to competition. With the advanced degree, Reynolds is better equipped to triage athletes’ injuries on the sideline, bench, court- or matside instead of having to wait until the next day to see their health care professional.

“It gives more information on whether an athlete should or should not return to the game,” he said.

Reynolds is willing to volunteer his time at athletic events as a sideline health care professional to help athletes, coaches and parents determine what’s best for the athletes.

He also hopes to take his training to the next level. “The next step is an additional 100 hours on sideline care and taking another written exam and complete a practical that consists of a mock drill to become a Diplomat in the American Board of Chiropractic Sports Physicians,” Reynolds explained.

But more importantly, Reynolds just wants to help those who share his passion for athletics. “My ultimate goal is to give athletes around the area the highest standards of care, specializing in sports medicine and physical fitness,” he said.

— Submitted by Dr. Ross Reynolds

10 years ago (2005)
•Bill De Yager sold his Antique John Deere tractor collection at auction in Steen Wednesday. The collection, which began as a hobby for the farmer, consisted of 105 mostly-restored tractors.

20 years ago (1995)
•Tom Van Wyhe knows what it’s like to be busy — very busy. Van Wyhe, the current Chairman of the Sioux Falls Area Chamber of Commerce, is a 1968 H-BC High School graduate. He’s an active businessman and is heavily involved in civic groups in the Sioux Falls area.

50 years ago (1965)
•Hills’ antiquated viaduct, which was built some 60 years ago for horses and buggies, was declared unsafe for thoroughfare Monday by Rock County highway engineer, Julius Brown. Apparently, the bridge was struck from the west on the A-frame by a truck or other heavy

vehicle. This caused the frame to be shoved eastward 4 or 5 inches. The heavy beam at the bottom of the A-frame was crushed and as a result, the center section of the bridge began to sag about four to five inches.

75 years ago (1940)
•County Commissioner A.H. Halls informed us last week that two miles of roads in Rock County will be blacktopped this summer.

The county road through Hills from the bottom of the schoolhouse hill to the viaduct will receive a coating of asphalt, as will the portion of county road running through Steen and a similar length of road through Hardwick.

100 years ago (1915)
•The Valley Springs band and a goodly bunch of business men arrived in Hills last Monday afternoon to advertise their Chautauqua to be held there July 21-26-six big days of entertainment for young and old.

Beaver Creek resident rewarded with free Cenex fuel

Harley Fransman of Beaver Creek has received a special thank you for paying it forward in his community. Fransman was selected to receive free fuel from Tanks of Thanks, a program that rewards people who go the extra mile for others.

Recently, Fransman received a \$50 Tanks of Thanks gift card, which is redeemable at any Cenex location, for his active role in the local school board and in his church. Currently, he is helping his daughter build a house.

The Tanks of Thanks program from CHS and Cenex retailers encourages people to nominate neighbors, family and friends for free fuel as a way to thank them

for doing good deeds, large or small. Each month, more than \$5,000 in free fuel is given away through the Tanks of Thanks program.

According to Akhtar Hussain, CHS refined fuels brand marketing manager, nominating someone for Tanks of Thanks is easy and anyone can nominate or be nominated for any act of kindness.

“Congratulations to Harley Fransman and thank you for your contributions to the community,” Hussain said.

To make a nomination, visit TanksOfThanks.com and briefly describe why someone deserves a Tank of Thanks.

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Dr. Deweerdt Hours: Monday: 8:00 - 6:00; Thursday: 8:00 - 12:00	

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Contact: Doug Kraayenhof 507-962-3411 or Dave Tilstra 507-673-2431

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misc.

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cards of thanks

The family of Gary Bowman would like to thank everyone who visited, sent cards, memorials and flowers. Please continue to keep us in your prayers.
Deb Bowman, Chris, Becki, James and families
(7.16)

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