

CRESCENT

Hills • Steen • Beaver Creek

Thursday

November 5, 2015 Volume 21, Issue 45 75¢

•Project Love prepares for season of giving pg 3

•H-BC volleyball ends season pg 4

H-BC School Board accepts resignation of band teacher Dale Nelson

By Glenda McGaffee

The Hills-Beaver Creek School Board accepted the resignation of instrumental music teacher Dale Nelson at their meeting Thursday, Oct. 29, effective at the end of the 2015-16 school year.

In his letter of resignation Nelson said, "One of the highlights and joys of my career was teaching at H-BC."

Nelson has been teaching at the high school since 2007. Prior to that, he was the band director in Luverne for 19 years.

In other business, the H-BC School Board:

- approved the agreement with the city of Hills to offer Sunday open gym at the Hugo Goehle Gymnasium from Nov. 15, 2015, to March 20, 2016.

- heard a report that Michaela Abels, Jo-Hannah Ladd, Allison La Rock and Bryn Mongeau were chosen for honor choir. LaRock and Mongeau were also chosen to participate in the American Choral Directors Association Grades 7-8 choir in the Twin Cities.

- heard that after expenses the district made \$55,904.70 on the sale of the former district bus garage property. Closing was Oct. 3.

- heard about a software update on the time clock system for the district and that it is going well.

- noted that American Education Week will be observed Nov. 16 -20.

- noted the next school board meetings are Nov. 9 and Nov. 23.



Happy Halloween

Residents all over the Hills Crescent coverage area celebrated Halloween in style over the weekend.

Above, staff at the Tuff Memorial Home get in the Halloween spirit with various costumes and accessories. They are (front, from left) Tori Gehrke, Sara DeSmet, Shateen Lichter, (middle) Carol Gehrke, Rachel Benson, Joni Deelstra, Laura Preheim, (back) Ed Gehrke, Alison Kirby, Stan Van Wyhe, Jessiva Hovaldt, Laurie David, Jade Wahl, Ann Jess and Marilyn Ahrendt.

At left, Bernice Aukes hands out candy for the trick-or-treaters Saturday Night at the Tuff Home in Hills.

H-BC Elementary raises funds for Kids Against Hunger

By Glenda McGaffee

Students in grades K-5 at the Hills-Beaver Creek elementary school in Beaver Creek raised funds to help pay for meals for starving children in the United States and around the world.

The school worked with the Rock County Ministerial Association.

On Nov. 5 the fourth-grade class will participate in packing meals for starving children around the world at the Luverne High School gym.

In a penny war between the elementary grades, students were asked to bring spare change

to help raise money for the cause. The classes placed pennies in their own jars and paper money and silver coins into the jars of the other classes.

This fueled the competition. The pennies counted positively toward a class total, but silver coins and paper money counted against a class. The money was collected until Thursday, Oct. 29. The students raised \$800.

The second-graders won the competition and were given several options as their prizes. The students picked a pizza party and shaving the hair off Elementary Principal Jason Phelps.



Glenda McGaffee photo/1105 – hair shaving

Second-grader Jayden Kueter shaves the head of Principal Jason Phelps Friday, Oct. 30, at the H-BC Elementary School. It was a reward for the students' recent fundraising efforts.

weather
REPORT



OCTOBER 25 - OCTOBER 31 WEATHER

High temperature for the week:	63	Rain amount for the week:	0.21
Low temperature for the week:	30	Moisture total for October:	0.99
Average temperature for the week:	47		

507-283-2333
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hceditor@star-herald.com

community news

Birth

A girl, Ingrid Anne, weighing 9 pounds, 7 ounces, 22 inches long, was born to **Ian and Anna Sandager**, Hills, on Tuesday, Oct. 6, 2015, at Sanford Hospital in Sioux Falls, South Dakota. She joins two sisters, Bridget, 4, and Clara, 2. Grandparents are Mark and Karen Sandager, Hills, and Terry and Lois King, Duluth. Great-grandparents are Fran Sandager, Hills, and Marj Prunty, Brookings, South Dakota.

Meetings

Rock Co. VFW #2757 will meet at 7 p.m. Tuesday, Nov. 10, at the Herreid Military Building. Call 449-0632.

MS Support Group will meet at 7:30 p.m. Thursday, Nov. 19, at Southwest Health and Human Services, Luverne. Call 283-2069.

Sound Cascade Sweet Adeline Chorus rehearses at 6:30 p.m. Tuesdays at Prairie Creek, 4400 W. Creekside Dr., Sioux Falls. Call 507-597-6288.

Al-Anon meets at 6:30 p.m. Thursdays in the Buffalo Ridge Meeting Room (lower level) at Sanford Luverne. Call 449-1246.

Narcotics Anonymous meets at 7 p.m. Fridays in the basement of St. Catherine Catholic Rectory, 203 E. Brown St., Luverne. Use east door. Call Shawn at 507-220-3180.

Alcoholics Anonymous meets at 8 p.m. Wednesdays and Saturdays in the Rock County Library. Call 605-321-4324.

Brandon area Al-Anon meets at 8 p.m. Monday and Thursday and at 11 a.m. Saturdays at 209 Elm Street (behind VFW) in Brandon. Call 605-215-9947.

Bank Nite Movie 'McFarland' Nov. 5

The free Bank Nite movie, "McFarland USA," will begin at 6 p.m. Thursday, Nov. 5, at the Palace Theatre in Luverne. Sponsored by First Farmers & Merchants National Bank and Papik Motors, a free, family-friendly movie is shown on the first Thursday of every month as it was done for "Bank Nite" in the 1930s. A cash prize drawing will follow the movie. Must be present to win. The winner from Oct. was Amber Schieck.

Youth wrestling free camp Nov. 5-6

Luverne Area Youth Wrestling will have a free camp from 3:30-6 p.m. Thursday, Nov. 5, and Friday, Nov. 6, in the small gym next to gymnastics room. Coaches will answer questions and go over basic moves. Sign-up will be available at camp and an official sign-up date will be from 6-7 p.m. Thursday, Nov. 12, in the small gym. Luverne Area Youth Wrestling Club is open to boys and girls ages PreK to sixth grade. Call Lance Ripka at 507-363-3418, Jesse Akkerman at 507-227-2751, or Aaron Altman at 507-227-7736.

'Homecoming'

The Green Earth Players community theater group will perform its fall production, "Homecoming," Nov. 13-15 and Nov. 20-22 at the Palace Theatre in Luverne. Showtimes are 7:30 p.m. Fridays and Saturdays and 2 p.m. Sundays. Tickets are available at the Palace Box Office. Call 507-283-4339.

Do you need a coat?

Coats will be available for selection from 9 a.m. to 1 p.m. Saturday, Nov. 7, and 4 to 7 p.m. Thursday, Nov. 12, through the One Warm Coat Project at ATLAS for Life, 201 E. Main Street in Luverne. Call 283-9664.

Better Choices, Better Health Workshop starts Nov. 9

A.C.E. of SW Minnesota — Rock County is offering the "Better Choices Better Health" chronic health condition self-management program from 1:30-3:30 p.m. every Monday for six weeks starting Monday, Nov. 9, through Monday, Dec. 14, at The Oaks dining room in Luverne.

Call Greta at 507-283-5064, Connie at 507-220-3584 or e-mail ace.rock@co.rock.mn.us.

Bethlehem Fall Festival Nov. 11

The Bethlehem Lutheran Church of Hills will have a Fall Festival from 5-7 p.m. Wednes-

day, Nov. 11, at the church. An evening meal is available for a freewill donation. Events include raffle items, a cake walk and a bake sale, along with other items for sale.

Veterans Day

Banquet Nov. 11

The Veterans Day Banquet, sponsored by the Hardwick American Legion and Auxiliary, will be Wednesday, Nov. 11, at the Legion Hall in Hardwick. Social hour will start at 6 p.m. with dinner at 7 p.m. The guest speaker will be Gary Fisher, with music by Maddie Oye. The event is open to the public.

Good Sam invites to Open House Nov. 12

Good Samaritan Society in Luverne invites the public to an open house from 4 to 7 p.m. Thursday, Nov. 12. Tours will be available to view the renovations, and cookies and hot apple cider will be served. Pies will be available for sale. Call 507-283-2375 for further information.

Free food for seniors available second Thursday

Second Harvest Heartland has distribution will be from 11 a.m.-1 p.m. the second Thursday of the month at the American Legion Hall in Luverne. T

his food is available to eligible seniors once a month. Eligibility is based on age (60 years and older), household size and income.

Clients need to call 1-800-365-0270 and apply over the phone before they can pick up.

Operation Christmas Child collection Nov. 16-23

Anyone wishing to pick up a shoebox and fill it with gifts for underprivileged children can come to the American Reformed Church south entrance.

The collection week for Operation Christmas Child is Nov. 16-23. Call Karen Bosch at 605-413-9676 or Charla Sandbulte at 507-227-1722.

The Hills Crescent

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Roger Tollefson, publisher

Glenda McGaffee, editor

hceditor@star-herald.com

Chantel Connell, sales representative

sales@star-herald.com

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Project Love event Saturday features local Six Mile Road band

By Glenda McGaffee

A fundraiser for Hills Project Love will be Saturday, Nov. 7, at Hidden Hills Café & Tavern.

The local band, Six Mile Road, will perform beginning at 9 p.m.

Band members include Dan LaRock, Lonny Ackerman, Rod Scholten and Joe Hight.

"This is a fundraiser to support the work of Project Love," LaRock said.

"We have been blessed with great attendance at this event in years past and we are hopeful for more of the same this year. We promise to do our best to entertain."

A soup cook-off, bake sale and raffle will start at 5 p.m.

Project Love is a "community effort to share God's love with people in Beaver Creek, Hills and Steen," according to volunteer Marilyn Nelson, Hills.

"We do this to show we care about people in our community," she said.

"That's what we're supposed to be — stewards of each other."

During Christmas, food baskets are given to new people moving into the community, those with illness in their family, those with financial needs and others.

Donations are delivered along with hugs and messages that "we care," according to Nelson, who said the group is in its fifth year of community service.

"We really do care. Some people need the help," she said, "Some people don't need it but they need to know we care; maybe there's illness or grief."

Project Love is funded by the Steen Reformed Church, Hills United Reformed Church, Presbyterian Church of Beaver Creek and Bethlehem Lutheran Church of Hills, along with donations from individuals, businesses and organizations.

Bob Walraven plays a major role in the food give-away at Christmas. "I am already shopping for groceries to get



*"It's so neat.
There are so many
people who
help ...
And the people
who help get
just as much
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It's a win-win all
the way around."*

— Marilyn Nelson

the best out of the money received," he said.

Hills-Beaver Creek FFA students assist in putting the groceries together and bringing the food to the Hills American Legion where the boxes are assembled.

Nelson said last year more than 90 boxes of food and meat were distributed.

"Volunteers from the churches come to help put the boxes together and deliver to the needy," she said. "This is all done in the name of Christ's love for us."

Project Love also accepts donations of gently used winter coats, sweatshirts, socks, hats and mittens. These are given to the Center of Hope or the Salvation Army free family coat giveaway at Christmas.

"It's so neat," Nelson said. "There are so many people who help ... And the people who help get just as much out of it as the people who receive. It's a win-win all the way around."

She said the organization is always open to helping more people.

"If you know of any person or family who could benefit from Project Love, please let me know," Nelson said. "All information is kept confidential."

To donate or volunteer, Nelson can be reached at 962-3791.



Six Mile Road will perform for Saturday's Project Love fundraiser at Hidden Hills Café in Hills. Group members are (from left) guitarist Lonny Ackerman, singer and guitarist Dan LaRock, percussionist Rod Scholten and bass player Joe Hight. They're pictured here in a 2013 file photo

Submitted photo



Todd Haak, Myrna Haak and Robert Walraven sort boxes of food to be delivered to the community in this 2013 file photo.

Four area churches put together 107 boxes filled with food and donated meat on Dec. 18, 2013. There were 22 people who helped deliver the boxes.



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This home has been under ownership by the same family for over 60+ years. The home features four bedrooms 3 on the upper level and 1 on the main level. The kitchen is large and spacious with a separate dining room and large living room. The continues to have some of the special features you would find in an older home. Large lot, single detached garage. Check out this affordable home in this great small town.



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H-BC school menu

Hills-Beaver Creek Public Schools Lunch Menu:

Monday, Nov. 9: Hamburger on a bun, baked beans, mixed fruit.

Tuesday, Nov. 10: Beef stew, slice of bread, mandarin oranges.

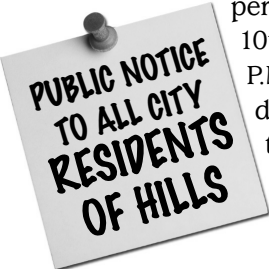
Wednesday, Nov. 11: Chicken patty on a bun, corn, pears.

Thursday, Nov. 12: Taco haystacks, green beans, applesauce, bread.

Friday, Nov. 13: Hot ham and cheese on a bun, peas, pineapple.

HILLS CITY RESIDENTS NOTICE OF DELINQUENT ACCOUNTS TO BE ASSESSED AGAINST PROPERTY TAXES

All unpaid City utility bills and/or unpaid city fees, including late fees, penalties and/or interest will be certified to the County Auditor-Treasurer for collection with the real estate taxes against the subject property. Any person(s) may attend the November 10th City Council meeting at 6:00 P.M., or may request a hearing to discuss their delinquent fees prior to the certification deadline.



Connie Wiertzema
City Clerk-Treasurer
City of Hills



WEEKLY SPORTS NEWS



John Rittenhouse photo/1105 quarters 10

H-BC junior Jasmine Lingen (15) turned in an 11-kill, four-block performance at the net during Friday's South Section 3A Volleyball Tournament loss to Windom in Worthington.

H-BC sweeps Adrian to advance Oct. 27

By John Rittenhouse

The Hills-Beaver Creek girls passed their first test of the South Section 3A Volleyball Tournament Oct. 27 in Hills.

Taking on 10th-seeded Adrian in the opening round, the seventh-seeded Patriots advanced to the quarterfinals by outscoring the Dragons 75-50 during a 3-0 victory.

H-BC got off to a strong start by scoring the first four points of the opening set on the way to opening a 6-1 lead when Avery Wysong recorded a service point.

AHS trimmed the difference to two points (6-4) moments later, but the Patriots countered with a 12-3 run ending with a kill by Sydney Fick to increase the lead to 11 points (18-7).

H-BC never led by less than nine points the rest of the way before clinching a 25-13 win with a block by Avery Van Roekel.

The Patriots trailed 5-4 in the second set before going on a

14-6 run ending with a block by Jasmine Lingen to open an 18-11 cushion.

A 4-0 spurt by the Dragons trimmed the difference to three points (18-15), but H-BC countered with a 7-3 surge ending with an ace serve from Sydney Fick to clinch a 25-18 victory.

Adrian led 7-3 early in the third set before H-BC moved in front 9-8 with an ace serve from Lingen.

The score was knotted at 12 and 13 as the set progressed before H-BC went on an 8-1 run ending with a service point from Wysong that gave the Patriots a 21-14 lead.

H-BC closed the match with a 25-19 victory when Fick recorded a night-ending kill.

Lingen (11 kills), Van Roekel (eight kills) and Fick (nine kills and four ace serves) led H-BC statistically.

Wysong and Mekayla Kolbrek added 12 and 11 set assists respectively to the winning cause.

Eagles eliminate H-BC girls

By John Rittenhouse

The 2015 volleyball season came to an end Friday in Worthington for the Hills-Beaver Creek Patriots.

H-BC, the seventh-seed for the South Section 3A Tournament, took on No. 2 Windom during the event's quarterfinal round.

The Patriots were unable to advance to the semifinals as the Eagles saddled H-BC with a 3-0 setback.

H-BC ends the campaign with a 14-13 record.

The Patriots put up a pretty good fight in two of the three sets, but they couldn't upend the Eagles.

H-BC registered the first point

of the night before the Eagles moved in front 4-0.

The Patriots knotted the score at four with a service point from Avery Wysong, but Windom countered with a 15-4 run to take a commanding 19-8 advantage.

H-BC trimmed the difference to eight points at three occasions and trailed by seven (23-16) when Avery Van Roekel produced an ace tip.

Windom, however, scored the next two points to secure a 25-16 victory.

A block by Jasmine Lingen gave the Patriots a 3-0 lead in the second set and H-BC led by four (12-8) when Sydney Fick delivered a service point.

The Eagles countered with an 11-4 run to open a 19-16 lead and never trailed the rest of the set that ended with them prevailing 25-22.

H-BC faced a series of one-point deficits early in the third set before Windom went on a 6-0 run to gain a 14-7 cushion.

The Patriots trimmed the difference to four points (18-14) with a service point from Courtney Kruger.

Windom, however, scored seven of the next 11 points to clinch a 25-18 win.

Lingen (11 kills and four blocks) and Van Roekel (eight kills and two blocks) led H-BC at the net.

Wysong charted 14 set assists.



John Rittenhouse photo/1105 ha vb 2

H-BC's Olivia Richards tips the ball in front of Adrian's Miah Kunkel during an Oct. 27 tournament match in Hills.

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Do you have town news? Interesting history about the Hills, Beaver Creek, Steen area?

Call Glenda. She wants to hear from you.

962-3697

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Close the Gate
By Nancy Kraayenhof

A Letter to Kristy

Dear Kristy,
First of all, an apology. I don't know your last name, I never even thought to read your name tag that was securely attached to your scrubs like a Legion of Merit medal. I don't even know if it was Kristy with a K or a C or a Ch or a Y on the end or an I. I'm sorry. At the time, I don't even know if I knew my own name.

I want you to know that you worked magic. I spend a lot of time in the company of young humans and I actually used to think I had a busy job. You, my dear, are the definition of busy in Webster's Complete. You were in and out of those ER and hospital rooms so many times, I wish I had counted so I had a number to write.

You appeared out of nowhere. Well, actually, you said you came down from upstairs to help because the Emergency Room was so busy. Our third trip to the ER in thirteen days, I was beginning to know my way around but it seemed like out of nowhere to me.

Yes. We were in on the 8th and the 17th. Same thing, I'm afraid.

"Sorry. Little poke here." Words spoken repeatedly to a sleeping man who barely flinched. I wondered if you were really talking to me. I saw the frustration in your face when you couldn't get any vein you tried to produce blood despite the use of the "magic butterfly."

After several attempts you gave up and told me you were going to get your friend to try because, even though you were the one they usually came to get for difficult draws, you were having no luck.

A few minutes later you were back with a man in a flight suit who I assumed worked on or perhaps even piloted the helicopter. He succeeded but it took him a couple of tries. Blood like toothpaste, I heard him mutter under his breath. I don't think he meant minty fresh.

And then you, somehow, got him to wake up. Almost 10 p.m. He chatted with his sister and me as casually as if we were

having tea on the veranda. Then he looked really sleepy again and stated matter-of-factly, "Thirteen cents an acre is not enough. They made all my crops into jam," and he was out again. Glenda and I sort of chuckled it off ... always farming. Phew. Yes, it's scary. ... Moving him up to a room. ... Yes. ... Goon home ... I'll be fine, really. Thank you and thank the others for coming. ... I'll let you know.

CT scan. MRI. Still not waking up? Moving him to a room. Still out? Take care.

And then you were in the room, too. ER slowed down so you followed us because you were familiar. Good. So I don't have to explain it all again to a new nurse. Nice. I'm tired. Sure, I'd love a Diet Coke. I'll just watch him sleep for a while. No. I'm going to stay. A blanket would be great.

It's midnight. Wake up, Doug. Can you say your name? Wake up, Doug. Pupils dilated and fixed. No response to pain stimuli. BP low. Pulse 50. Wake up, Doug.

Almost 3 in the morning. Doctor Iceberg (not really) walks in. CT scan ... no active bleed ...

MRI ... Stroke bi-lateral in the thalamus ... Very rare ... No intervention ... nothing we can do ... coma ... very real possibility ... may never regain consciousness ... no heroic measures ... DNR order? ... would he want to live like this? ... nursing home ... social worker ... I'm sorry.

On my knees at the side of that bed I prayed as I have never prayed before. Wake up, Doug. And I cried, oh how I cried, like a child lost in a crowd but there were just he and I. And you, Kristy.

Wake up, Doug. You were in and out and trying. Wake up, Doug. And a box of tissues appeared at my head. Wake up, Doug. And a short while later, a pillow for my knees. Wake up, Doug. And a warm blanket is wrapped around me. Wake up, Doug.

I curl up in this chair thing by the side of the bed and I just kept on. And you said you had to go. Tell me he's going to wake up, I all but begged you. "Oh, come here." And you wrapped me in a tight hug, "I can't." And you were gone.

At 6 a.m., just like a rooster crowed somewhere, his eyes popped open and he said my name. The relief was overwhelming and instant and I can't remember ever being so thankful.

And just as fast, but only lasting for a moment, I was so mad at him for scaring me I wanted to beat him. Lucky for him, the thankfulness and joy quickly returned. I am elated to report he has been getting better, day by day, ever since.

All of the nurses were amazing and wonderful but you, Kristy, were above and beyond. You were nine hours of consistency at a time when it felt as if nothing would ever be the same. You were magic and I thank you from the bottom of my heart.

It's hard to find words to describe what has happened, so much has come into play,

I'll close the gate with an ambivalent future, sincerely grateful for every single day.

Cleverly Disguised as a Responsible Adult, I'm Nancy Kraayenhof. ©2015

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26762 Ben Clare Ave.
Valley Springs, S.D.
igtwlb@knology.net
Bill Bates, Pastor
Sundays: 9 a.m. Worship. 10 a.m. Fellowship.
10:30 a.m. Sunday School for all ages.

Valley Springs Reformed Church
701 Sunnyside Ave.
Valley Springs, S.D.
Ph. 605-757-6640
Norman Bouwens, Pastor
Sundays: 9:30 a.m. Morning Worship. 10:45 a.m. Sunday School.

First Presbyterian Church
201 S. 3rd St.
Beaver Creek
Ph. 673-2428
Sundays: 9:30 a.m. Morning Worship. 9:45 a.m. Sunday School.
Third Wednesdays: 1:30 p.m. Deborah Circle.

First Lutheran Church
300 Maple St.
Valley Springs, S.D.
Ph. 605-757-6662
firstpalisade@alliancecom.net
Ray Heidenson, Pastor
Sunday, Nov. 8: 9:30 a.m. Sunday School. 10:30 a.m. Worship service.
Wednesday, Nov. 11: 7 p.m. Choir.

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

Ray Heidenson, Pastor
Sunday, Nov. 8: 9 a.m. Sunday School. 10 a.m. Worship Service.
Thursday, Nov. 12: 7:30 p.m. Church Council.

Steen Reformed Church
112 W. Church Ave. Steen
Ph. 855-2336
Reuben Sinnema
Youth Pastor
Sunday, Nov. 8: 9:30 a.m. Worship. 11 a.m. Sunday School.
6:30 p.m. RCYF.

Bethlehem Lutheran Church
Interim Pastor Grant Fisher
112 N. Main St., Hills
Ph. 962-3270
e-mail: bethlehempluth@alliancecom.net
Thursday, Nov. 5: 9:30 a.m. Pastors meeting in Redwood Falls.
Friday, Nov. 6: 4:30-7 p.m. Lutefisk Supper by Norse Glee Club in Sioux Falls. Pastor's Sabbath.
Saturday, Nov. 7: 10 a.m. Cleaning classrooms and raking leaves.
Sunday, Nov. 8: 9 a.m. Worship at Tuff Chapel. 9:30 a.m. Sunday School. 10:30 a.m. Worship at Bethlehem.
Tuesday, Nov. 10: 2:30 p.m. Bible Study at Tuff Home. 3:15 p.m. Bible Study at Village.
Wednesday, Nov. 11: Veterans Day. 9 a.m. Quilting. 5-7 p.m. Bethlehem Fall Festival. No Confirmation Class.

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



The streets of Hills were filled with trick-or-treaters Saturday evening with 110 children visiting my home.

Did you know Halloween is also known as All Hallows' Eve or All Saints' Eve, a celebration observed in a number of countries, and is the Christian feast of All Hallows Day?

It begins the three-day observance of All Hallows' Eve, the time in the liturgical year dedicated to remembering the dead, including saints, martyrs and all the faithful departed.

Sunday, Nov. 1, was All Saints Sunday. The names of residents of the Tuff Memorial Home who passed away from Nov. 1, 2014, to Oct. 31, 2015, were read at the 9 a.m. chapel service.

Those remembered were Marcella Theis, Harriet Skattum, Joyce Helgeson, Lucille Eads, Henrietta Wassenaar, Mike Spath, Carrie Boom, Jerry Binford, Bernie Top,

Martha Bakken, Veda Mae Klaassen, Elmer Metzger and Esther Vande Hoef.

During the service at the Bethlehem Lutheran Church the names were read and family members lit a candle in their memory.

Those remembered were Dennis Roning, Eleanor Nelson, Ann Erickson, Harriet Skattum, Mary Johnston, Cheryl Pavel and Gary Bowman.

'Tis the season for pumpkin.

Does the taste and smell of pumpkin remind you of the holidays and your childhood? Seventy percent of sales of foods, drinks and other items with pumpkin and pumpkin flavoring come in September through November. The pumpkin invasion has fostered the creation of dog food, pet cologne, Oreo cookies, Jell-O, lattes, gum, English muffins, pizza crusts and even pumpkin spread.

This week I have a recipe for Pumpkin Oatmeal.



Baked Pumpkin Oatmeal

- 2 cups old-fashioned oats
 - 2 cups milk
 - 1 cup canned pumpkin
 - 2 eggs
 - 1/3 cup packed brown sugar
 - 1 teaspoon vanilla
 - 1/2 cup dried cranberries, plus additional for topping
 - 1 teaspoon pumpkin pie spice
 - 1/2 teaspoon salt
 - 1/2 teaspoon baking powder
 - Maple syrup
 - Chopped pecans (optional)
- Preheat oven to 350 degrees. Spray 8 inch baking dish with nonstick cooking spray. Spread oats on ungreased

baking sheet. Bake about 10 minutes or until fragrant and lightly browned, stirring occasionally. Pour into medium bowl; let cool slightly.

Beat milk, pumpkin, eggs, brown sugar and vanilla in large bowl until well blended. Add 1/2 cup cranberries, pumpkin pie spice, salt and baking powder to oats; mix well. Add oat mixture to milk mixture; stir until well blended. Pour into prepared baking dish.

Bake about 45 minutes or until set and knife inserted into center comes out almost clean. Serve warm with maple syrup, additional cranberries and pecans, if desired.

Makes 6 servings.



Glenda McGaffee photo/1105 Fall Festival

Students and PTO sponsor Fall Festival

On Friday, Oct. 30, the H-BC Elementary Student Council and PTO sponsored a Fall Festival for grades K-5. The event featured a cookie walk, pumpkin bowling, dice war, apple toss, putt-putt golf, bean bag toss, ring toss, basketball shoot and ping pong toss games. Each student also received a red water bottle with blue lettering from the PTO.

Above, elementary students participating in the cookie walk at the Fall Festival Friday, Oct. 30, included (from left) Bode Kruger, Haven Kerkhove-Brandt, Claire Boeve, Nate Van Maanen and Quincy Susie.



At left, H-BC Student Council members (from left) Michael Martinyuk and Jenifer Martinyuk participate in the football toss at the Fall Festival Friday, Oct. 30, at the elementary gym.

Better Choices, Better Health Workshop starts Nov. 9

A.C.E. of SW Minnesota — Rock County is offering the "Better Choices Better Health" chronic health condition self-management program at The Oaks dining room in Luverne.

This is a six-week, two-hour-per-week workshop for those with prolonged ailments or for their family members or caregivers.

Nearly half of all adults live with one or more lingering health conditions such as arthritis, asthma, diabetes, heart disease, lung disease, stroke, chronic pain, osteoporosis, depressed feelings or other health issues.

The workshop is designed for adults, seniors and/or their caregivers. These workshops are led by trained workshop facilitators from the community.

tors from the community.

This program is meant to complement any ongoing clinical treatment for health condition.

When ongoing health problems affect daily life, learning how to better cope can bring relief and reduce stress.

Participants will learn skills such as using one's mind to manage symptoms, communicating with friends, family and providers, dealing with anger, depression and other difficult emotions, designing and maintaining a healthy eating and exercise plan, managing pain and fatigue, goal setting, problem solving and coping, relaxing and stress management skills along with appropriate use of medications.

Those who have completed the workshop have indicated less health distress, pain and disability; an increase in aerobic exercises and strength, self management, and communication with physician(s); and reductions in health care utilization, including physician visits, emergency room visits and days spent in hospital.

The workshop is hosted by The Oaks of Luverne at 203 Oak Drive, Luverne.

Classes are from 1:30 to 3:30 p.m. Mondays beginning Nov. 9 through Dec. 14.

To learn more or to register for the workshop, call Greta at A.C.E. of Southwest Minnesota at 283-5064 or Connie at 507-220-3584 or e-mail ace.rock@co.rock.mn.us

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Fruits of fundraising

H-BC first-grader Ava Steinhoff uses the new drinking fountain purchased by H-BC PTO and the Elementary Student Council for the elementary school in Beaver Creek.

The fountain is more accessible for students to fill their water bottles.

Glenda McGaffee photo/1105 water fountain



Tubb News

By Shateen Lichter

Residents said goodbye to October with one last game of Pumpkin Bowling on Monday. Bingo followed in the afternoon. Tuesday afternoon Pastor Alan Camarigg from the United Reformed Church joined us for Bible study. We appreciate him filling in for Pastor Fischer in his absence.

Wednesday afternoon was the day residents had been waiting for. With coupons in hand, residents gathered in the Activity Room to shop the tables of goodies.

Hot items this month were butterscotch candies, small packages of Kleenexes, Diet pop\Sierra Mist, toothpaste, rice crispy bars, word searches and decorations.

Residents shared how delighted they were with the store and suggested several items they would like to see: small cans of diet pop, face powder\make-up, jewelry and decorations. Thank you to everyone for your contributions to make the Tuff Country Store a success this month.

Residents joined together Thursday morning for Bake & Taste. This month residents made spider cookies for the Halloween Party on Friday. Here is the recipe:

Spider Cookies

Ingredients:

11-ounce box of vanilla wafers

Chocolate frosting

4-ounce bag of black licorice laces (peel and pull works best)

Bag of chocolate chips or raisins (for the eyes)

Process:

Frost the bottom of the vanilla wafer with a small amount of frosting.

Tear off four licorice laces and set on top of the frosting. The legs should be long enough to



Tuff costume contest winners are Stan Van Wyhe as the Maintenance Doctor, Laurie David as the Chicken Lady and Jade Wahl as a dancing clown.

stick out both sides of the cookie.

Add a little more frosting and set another wafer cookie on top.

Place a small amount of frosting on the bottom of two chocolate chips and stick on top of the cookie for eyes.

The middle school students from Hills Christian joined us Friday morning to help with rubber bands. We enjoyed their company and their help leading this activity.

At the Halloween Party and Staff Costume Contest Friday afternoon, a total of 13 staff paraded up and down the runway and residents voted on their favorite costume. In third place was Jade Wahl as a dancing clown; second place went to Stan

Van Wyhe as the "Maintenance Doctor," and in first place was Laurie David as a Renaissance Chicken Lady, complete with real chicken eggs. Thank you to everyone for participating.

Saturday morning Glenda and the residents finished reading "The Secret" by Beverly Lewis. Residents will vote on the next book they would like to read at Resident Council.

Residents lined up Saturday evening for the annual trick-or-treating event. A total of 115 pounds of candy was donated for the event ... and we ran out! We thank everyone for their candy donations and for the community coming together and joining us for the event.



MaryAnn Metzger, with son Jim, shops from the Tuff Country Store.

Looking ahead this week:

•Thursday, Nov. 5: 2:30 p.m. FEAST bingo with Dutch treats.

•Friday, Nov. 6: 10 a.m. kickball.

•Saturday, Nov. 7: 9:30 a.m. Sunshine Wagon and reminisce.

•Sunday, Nov. 8: 9 a.m. worship.

•Monday, Nov. 9: 2:30 p.m. bingo.

•Tuesday, Nov. 10: 2:30 p.m.

Bible study.

•Wednesday, Nov. 11: 2 p.m. Veterans Day program; 2:30 p.m. Adopt a Grandparent.

Resident and staff birthdays this week include Carol Gehrke, Nov. 3, and Vanessa Sanders and Greg Koel, Nov. 10.

We would like to welcome Mildred Kuenen to the facility.

We hope everyone has a great first week of November.

Peekin' in the Past

10 years ago (2005)

•For the first time in 11 years, the Hills-Beaver Creek girls' basketball program will be led by a new head coach.

After Tom Goehle stepped down from the girls' basketball position to end a 10-year run at the post, H-BC officials selected Jason Blossmo to replace him in late May. ...

Blossmo, who was hired as a fifth-grade teacher at the H-BC Elementary School prior to the 2004-05 year, served as one of Goehle's assistant girls' basketball coaches last season.

20 years ago (1995)

•Just one year ago, the H-BC Patriots shattered an otherwise perfect season for the L-O Cardinals. ...

To realize the Section 1 Championship came down to just one point can be no surprise to anyone. But this year, it was the

H-BC Patriots who were stopped short, losing 21-20 to the Cardinals last Saturday.

50 years ago (1965)

•On Nov. 11 and 12 at 8 p.m. the Senior Class Play, Deadwood Dick, will be presented in the Hills-Beaver Creek high School gymnasium. ...

Main characters include: Barbara Bunker as Rose Blossom, Mary Anderson as Lily Blossom, Joe Berghorst as Ned Harris, Steve Schubbe as Wild Bill Hickok, Ray Tilstra as Blackman Redburn, Marty Hanson as Judge Nix, Linda Moret as Calamity Jane, Gayle Gibson as LaPaloma, Paul Skattum as Pong Ping, Gerry Schlueter as Chet Pussy, David Bieber as Sheriff Loveless (and others).

75 years ago (1940)

•The yielding of the Vichy government to Hitler's demands

brought the war to a new crisis, as Britain prepared for a possible naval onslaught on the French fleet at Toulon and other bases. It was believed the new fight might make the 10-minute battle at Oran seem like a picnic. ...

Russia continued to teeter on the brink of trouble in the Balkans.

100 years ago (1915)

•At this time when more or less talking is going on about the consolidation of rural schools, we may count ourselves very fortunate in having the opportunity to hear George F. Howard on this subject. Mr. Howard, who is a member of the State High School Board, and also a speaker in the Extension Division of the University, is an expert in school matters. He has agreed to come to Hills on Saturday evening, Nov. 13th, and will tell us what he knows about consolidation in a fair and impartial way. Questions will be gladly answered.

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