# Criscent Hills • Steen • Beaver Creek 

## Thursday

## 4-H families preparing for showtime

By Glenda McGaffee
For many kids, summer is about relaxing and letting time float by. But this is not the case for those involved in 4-H

For 4-H kids, ranging in age from kindergarten to 19, summer is a busy time of year.

The Rock County Fair is set for July 29 through Aug. 1, so now is the time they're putting the final touches on their fair projects, starting planning for fair competitions and their schedules start filling up with pre-fair activities.

The Lee and Casey Westphal family includes 4-H members Joanna and McKenna. The girls will both be bringing five projects to the fair

The girls will spend every day at the fair from 6 a.m. to 10 p.m. to care for their horses This year they will be bringing four horses. They will be responsible for feeding and watering the horses and cleanng their stalls.

The 4-H members work together and help each other with the work.

Members of 4-H work in the food stand with one of their parents, and older 4-H members work in the pop stop which sells pop and pizza.

The Westphal girls have traveled to the Minnesota State Fair every year since they were in the 7th grade.

The Blue Ribbon 4- H Club meets every month, except in July when members are busy preparing for the fair, in the Hills American Legion. Their leader is Cheryl Hartman.

Joanna is also involved in the Horseless Kid Program, which is held every Wednes


Glenda McGaffee photo/0723 Westphal girls
Pictured are the Westphal girls with their horses. From left are 14-year-old Gold Digger, Joanna Westphal, 11-year-old Jasper, 18-year-old Joker, McKenna Westphal and 4-year-old Jagger. The horses are all mares and all will be going to the fair except Jagger. The girls said they enjoy riding horses on trails at Blue Mound State Park and Hardwick.

Joanna (left) and McKenna Westphal are pictured on July 19 with their 4-H projects for the Rock County Fair.
day in the summer months at 5 p.m. at the fairgrounds in Luverne. This program gives kids who don't have horses a chance to become involved with horses.

Joanna said, "Every kid should be in 4-H." McKenna feels $4-\mathrm{H}$ has shaped them into the girls they are today

The fair projects of the Westhpal girls, along with dozens of other 4-H members, will be on display at the Rock County Fair July 29 through Aug. 1. Judging starts on Wednesday.


Fair Board ready for 2015 event

## By Lori Sorenson

The 2015RockCountyFair is set to begin next week with 4-H judging starting on Monday, July 27, and shows opening Wednes day, July 30.

Events and activities are se to continue through Saturday night, and Fair Board Secretary Lee Sells said this year's event is shapingup to be a crowd pleaser

For one thing, he said there's an extra grandstand event, the Rock County Speedway Races which will bring back the same mix of mini sprints and stockcar that were popular at the June 4 event at the fairgrounds

In what's been dubbed the "Salute to Agriculture Night" in the grandstands, the races feature micro sprinters, hobby stock, a pure stock class and supercharger/front-wheel drive category.

Hot laps start at 7 p.m. for the evening that's sponsored by dozens of local businesses and organizations.

Theadded grandstand event meant that the annual Rock County Talent Show, which is the usual Thursday grandstand attraction, will be moved to the historic Palace Theatre on Main Street.
"That was always the backup location," Sells said about the venue change. So, he said, it won't be a difficult switch for fans and contestants to go to the

RC Fair/continued on page 3

## Hills City Council approves $\$ 29,450$ water tower project

By Glenda McGaffee
Hills City Council members approved repairs to the inside of the water tower at their regular meeting held July 14.

Maguire Iron Inc., Sioux Falls, cleaned and inspected the water storage tank on May 12 and found the following repairs re needed on the inside:
-The complete interior of the city's water tower needs
o be sandblasted, which will include the hatches, roof and all railings.
-A complete prime coat of Tnemec Epoxy should be applied to all blasted surfaces ollowing the manufacturers specifications
-After that, a full finish coat will be applied to all surfaces in a different color to ensure complete coverage as per manufac-
ture specifications.

- After painting and curing is complete, the interior wet surfaces will be disinfected.

Total cost of the repairs is \$29,450.

A motion to approve the proj ect was made by Alan Leenderts and seconded by Brad Berkhof.

Next year repairs on the exterior of the water tower will be completed.

In other business the City Council approved the following building permit requests: -Tyler and Marissa Leuthold for a fence
-Stan Metzger to replace shingles on the house and garage and replace siding on the garage to match the house.
-Todd Holthaus to replace shingles with new asphalt shingles.

The council also:
-approved an LP contract proposal for 4,000 gallons of propane fromPopkesInc., Rock Rapids, Iowa. -discussed street repair on South Central Avenue which was damaged in the ice storm in 2013.

Repairs will be covered by FEMA, which approved a time extension for allwork to be completed and all expenses incurred by Nov. 30, 2015.

JULY 12 - JULY 18 WEATHER
High temperature for the week:
Rain amount for the week: . 40 inches
Moisture total for July: 1.57

79
www.hillscrescent.com hceditor@star-herald.com

## obituary

## Beatrice Goembel

Beatrice Alberta Goembel 94, Luverne, died Saturday, July 18, 2015, at the Sanford Hospice Cottage in Luverne.

A funeral service was Tuesday, July 21, at Ding mann Funeral Home Luverne. Burial was at Maplewood Cem thaplewood Ce Beatrice Brook was born on Oct. 25, 1920, to Albert and Gesine (Rust) Brooks in Magnolia. Shegrew up in Magnolia and graduated from Magnolia High School in 1938.

Bea married Gordon Goembel. After their marriage the couple farmed near Kenneth until 1966. Bea and her children moved to Luverne. She worked as a home health aid for three years before she worked at the Luverne Hospital. She retired on Jan. 5, 1987.

She was a member of the United Methodist Church in Luverne. She enjoyed reading, embroidery work, playing cards and games, gardening, cooking and baking, puzzles, game shows and was an avidMinnesotaTwins fan and loved Johnny Cash. She enjoyed many years of compan-
ionship with Paul Beyer and together they traveled throughout the United States.

Bea is survived by five children, Carolyn (Fred) Wilkens Watertown,SouthDakota, Bev(Ron)Schou wenburg, Hills, Gerry and Catherine; David Goembel (Barb), all of Mankato; and Cin dy (Mike) Lemmer Reno, Nevada; eight grandchildren, Angie (John) Reppe, Nikki (Tony) Fitzgerald, Jesse (Meghan) Wilkens, Justin Wilkens, Mark (Kelli) Schouwenburg, Steve Schouwenburg Donny Lemmer and Shannon Lemmer; eight great-grandchildren, Tyler Robel, Carlie Reppe, Megan, Katelyn and Alli Schouwenburg, Owen Wilkens, Eva Fitzgerald and Emma Wilkens two sisters. Esther Norberg and Edna Brown, both of Arlington South Dakota.

Shewasprecededindeathby herparents; a specialfriend, Pau Beyer; a brother, Robert Brooks; and a sister, Mildred Klosterbuer

Arrangementswere byDing mann Funeral Home of Luverne, www.dingmannandsons.com.
(0723 F)


## Just a swingin'

Pictured is Sophie Gehrke, $21 / 2$, with her dad, Pete Gehrke, enjoying the new handicap swing at Jacobson Park in Hills on June 16. Sophie's mom, Melissa, said, "Sophie just loves it. It is very nice and fits her securely." The swing was made possible by a donation from New Vision Coop and the City of Hills. Another swing has been ordered and the city council is working on a plan for a handicap approach to the swing.

## Trip down memory lane ... Remember 2005?

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 landmark year.

This week's edition highlights the class of 2005 .

The annual was dedicated to Steve Wiertzema who has been employed at Hills-Beaver Creek for 24 years. His duties are Dean of Students, Athletic Director, Head Coach of the Boys' Basketball Team and teaching business math

David Deragisch was the
superintendent and faculty members were Jody Ackerman, Rochelle McGill, Dan Ellingson, Tom Goehle, Robin Hoenke, Mary Peterson and Terri Richards. Cooks were Cindy McGowan and Deb Fransman.

Hills-Beaver Creek High School Class of 2005 graduate Melinda Feucht Rubaniuk was asked the following questions:

What was the best lesson you
 lunch, but Shirley's cinnamon rolls

What did you do right after high school?

Attended the University of Minnesota and got a Bachelor of Arts degree in Journalism and Mass Communication.
learned from school, not necessarily in academics? Be friendly to everyone

What was your fan Not necessarily

What was your proudest achievement after high school?

Moving to Seattle, Washington, by myself to explore opportunities in a new city.

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

I have a husband (Andrei) who is from Eastern Europe and we have a son (Leo) who was just born this past March.

I work at the Amazon.com headquarters here in Seattle as a web developer. I work in the Fashion Category (Amazon.
com/Fashion) with web design ers and write the code that implements their designs, and is ultimately what customers see and interact with in their web browser.

I learned basic web programming in college as part of my journalism curriculum and took a few courses after college to further my skills.

My husband works at the Microsoft headquarters as a Software Engineer. He was part of the Xbox team for some time. We love the outdoors in the Pa cific Northwest and get outside as much as we can.

## The Hills Crescent

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## Hills-Beaver Creek School Board members use Chromebook computers

By Glenda McGaffee
Hills-Beaver Creek School Board members received training on their new laptop computers at their board meeting on July 13.

The laptops will have the capability to sync with material on an overhead projector for presentations and board members will have access online to all board documents via Google Drive.

The board will no longer be using paper, saving money in print and paper costs, in addition to staff time.

In other district business:
-The board hired Amanda Rozeboom for the Secondary Paraprofessional position at the high school.
-The board accepted a $\$ 100$ donation from Luverne Street Music to be used for the H-BC Band program.
-The board approved the superintendent to enter the school district in a bus lease purchase agreement for a 77 passenger 2016 bus for five years not to exceed a cost of $\$ 90350$. The district will have ownership districe will have ownership of the bus at the end of the lease.

## RC Fair/continued from page 1

Palace stage, which he said is well suited for talent competition.

Another major grandstand event at the fair will be the return of the Arch Allies tribute band, which will play songs by Journey, REO Speedwagon and Styx.
"Theydrewquite a crowd last year," Sells said about the 600plus crowd for Arch Allies at last year's fair. "Hopefully this year it goes just as well if not better."

The concert, sponsored by he Luverne Area Community Foundation and the RockCounty AgSociety, begins at 8:30 p.m.on Friday, July 31.

Sells said the Enduro Race, sponsored by Connell Car Care, will again be the main event at the grandstands Saturday, Aug. 1.
"Our enduro always has a huge following," he said about the event, which typically draws about 800 people.

Sells said there are typically 20 to 30 early signups, with another 15 to 20 that show up at
the gate.
The event starts at 7 p.m.
Sells said there are several attractions to watch for at the fair this year, in addition to the usual 4-H and open class displays. Demonstrations by a chainsaw woodcarver and by an oldtime blacksmith will go on from 3p.m. to close Thursday through Friday at the fairgrounds. Also, there will be a live pottery wheel demonstration near the Floral Hall.

The kids Pedal Pull will be at $2 \mathrm{p} . \mathrm{m}$. Saturday at the grandstands and the beer garden will be open nightly Thursday through Saturday.

Midwest Rides and Concessions will again provide midway services from 6 p.m. to close Thursday and from 3 p.m. to close Friday and Saturday

Advanced ride tickets are available atlocalbusinesses and atthe Chamber office from8a.m. to 5 p.m. this week.

## Evening Estate PUBLIC AUCTION

Antiques, Collectibles, Furniture, Household, Outdoor \& Misc. Thursday July 30, 2005 5:30 pm American Legion Building Hills, MN
FURNITURE \& HOUSEHOLD: Kenmore 18 cu. Chest freezer; Kenmore washin sets; China hutch; Swivel rockers; Lift chair; Dining room table w/ 6 Chairs; Kitchen table w/ chairs; Dressers; Chest of drawers; Lamps; End tables; Floor lamps; Occasiona
chairs; Arm chairs; Sofas; Wall mirror; Wall décor; Seasonal décor; Sylvania 27" colo Thairs; Arm chairs; Sofas; Wall mirror; Wall décor; Seasonal décor; Sylvania 27"" color
Tacuum; Eureka vacuum; Small writing desk; Pictures; RCA stereo; Plan tands; Sewing machine; Bedding \& linins; Dish towels; Small kitchen appliances; Pots \& pans; Dishes; Cookware; Cooking utensils; Baking dishes; Table ware; Trays; Mea grinder, Fans; Shelves; Humidifier; Weslo treadmill; Toys \& games; Seasonal déco Storage cabinets; Much general household items;
ANTIQUES \& COLLECTIBLES: New Home treadle sewing machine; Baby buggy Stain glass leaded window; Oak dresser w/ mirror, Duncan Pyphff end table; Cedar hest; Ruckels 1 gal crock; Crystal glassware; Dishes; glassware; Enamel ware; Maytag wringer washing machine; Old table legs, Hictures, loys; games; Player piano rolls, Records;
LAWN. GARDEN \& OUTDOOR EQUIP: Sear Craftsman riding mower w/ bagge Despeed, 42 deck; Sanborn 5hp; 20 gal air compressor; Sthi gas trimmer; Black Decker hedge trimer; Cratsman elect. Ieaf blower; Garden seeder w/ plates; $10{ }^{\circ} \mathrm{X} 10$
canvas tent; Milk house heater: Step ladder; Ext. ladder; Garden hose w/ real; Garden hand tools; Hand tools; Storage shelves;

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Glenda McGaffee photo/0723 Ben Clare Church Pictured is the Ben Clare United Methodist Church located on Ben Clare Avenue in rural Valley Springs, South Dakota. Services are held Sunday mornings at 9 a.m. with Sunday school at 10 a.m.

## Ben Clare Church to sponsor fundraiser for Hills Rez Park

By Glenda McGaffee
A fundraiser for new restrooms at Hills Rez Park will be sponsored by members of the sponsored by members of the Church of rural Valley Springs. The event will be from 5 to 7 p.m. Sunday, July 26, at Hills Rez Park. Barbeques, hot dogs, chips and a beverage will be served with a freewill offering. Del Meinen, member of the church, said he hopes to get a
good crowd at the event.
"Our church has been very successful and decided we wanted to help others," Meinen said.
"The past four to five years we have done fundraisers for the communities of Larchwood, Iowa, Valley Springs, South Dakota and Hills.'

The last fundraiser held in Hills was for Sophie Gehrke, daughter of Pete and Melissa

Gehrke, who had medical bills "We want to give to other people and help other communities," Meinen said.
"We ask the leaders in the community what they need and then do the benefit. This year the town of Hills is work ing on new restrooms for Rez Park and we decided to do a benefit for that. We provide the food and workers and give the money to the city."

## Celebrating 10 years at our new location

Ten years ago, Sanford Luverne opened its doors to our new facility, building on our strong commitment to provide our friends and neighbors with quality health care services close to home.

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10th birthday celebration
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Sanford Luverne
Medical Center

Cake and ice cream will
be served by staff.
We look forward to celebrating with you and continuing to care for our community.
sanfordluverne.org
TOGETHER. FORWARD.


Glenda McGaffee photo/0723 Rogness trik
Mike Rogness created a homemade trike using a Chevy motor and transmission.

## Rogness makes motorized trike from various auto parts

By Glenda McGaffee
Mike Rogness, rural Hills, is the proud owner of a blue homemade trike.

The motor and transmission is from a Chevy. The rear end is from a Ford Mustang he narrowed down 14 inches.

Rogness started his project the summer of 2007 and completed it in 2010. He didn't ride his trike until 2011.

The trike had to be inspected by the Motor Vehicle Department and approved for use on the road.

## 电 Peckin in the past.

10 years ago (2005)
-Steen Mayor Mel Van Batavia received a check from the Luverne Eagles Club Monday night. With him are Joe Thiner, the Jimmy Durante Fund State Chairman, and Luverne Eagles President Ken Husen. The $\$ 1,000$ donation will go toward getting handicap accessible playground equipment in Steen.

## 20 years ago (1995)

-The H-BC-S Summer Recreation Program is winding down. With over 200 area youth participating, the season was a success according to coordinator Dean Gorder.

## 50 years ago (1965)

-Clarence Fransman is studying in Germany this summer He received one of forty grants given to German teachers by the West Germany government.

## 75 years ago (1940)

The U.S. Army has just recently opened a recruiting station at Worthington, and applications are now being accepted for all branches of the regular army.

## 100 years ago (1915)

-Complaints are being made to the Village Council of cattle being allowed to run at large and destroying gardens, and we wish to notify cattle owners permitting such negligence that their animals are liable to be taken up and held for fines on each offense.

## school news

## Bemidji State

Brandon Bosch, Steen, was recently named to Bemidji State University dean's list for the Spring 2015 semester.

To be eligible for the dean's list, students must be enrolled for at least 12 credit hours and earn a 3.5 GPA or higher.

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Sanford Luverne's Step by Step Wellness Challenge encourages you to increase your daily activity. Set walking goals. Accumulate steps. Put together a three person team.



Failure to crop
I just spent the weekend at a small town gathering with some dear friends. There were burgers and hot dogs on the grill, a potluck, an amazing (choreographed to music!) fireworks display, a campfire and the usual family drama that happens when an extended family gets together

The mother of the children who throw the party (now in their late 40 s and 50s) was recently diagnosed with Alzheimer's and had a bout with pneumonia, which resulted in a stay in the hospital. After much debate, the kids decided it was in her best interest to move Mom into an assisted living facility.

Shirley, though not physically very big, has always been a go-getter. A farmer's wife it became known early on in her life that it was her calling to take care of everything and everyone. After they retired from the farm, one by one from her husband, to all of the farm neighbors, to those who
went to her church, she hauled to doctor appointments and made as comfortable as she could until they passed on to Glory.

Now, with no one in dire need of her caring, what is left for her to do? The flower garden is not the same with no one to comment on its loveliness. So the goldfish need her? Perhaps, but they never really bonded with her. The cat couldn't come along to the new apartment and even though Snicky is 15 years old and lived on Shirley's lap in the rocking chair, in the new place she doesn't seem to miss him or even know he is not there. She doesn't recognize her own bedroom set but, thankfully, she still knows the children. It seems this too will go in time. Sadly, most likely sooner than later.

I remember when the movie "The Notebook" came out. For those of you who haven't seen it, please do so as it is a treasure of a story about aging and love and memory
loss that everyone should have the opportunity to experience. Alzheimer's will most likely touch each of our lives eventually, either personally or someone in our near circle Recent statistics find one in nine Americans over the age of 65 years of age currently suffer with it and one third of those over 85 do. That's a lot!

I think now of my own memories as I flip through old photographs of our children. Years ago I took a class in scrap booking, which seems just as popular today as it did back then. There are entire stores dedicated to selling the wares from the special acid free paper to all the embellishments you can add to the pages.

I bought a bunch of the scrapbooking gear and I tried, really I did, to follow the teacher's instructions but cutting out the "unimportant" clutter of backgrounds in my photos was more than I could bear. Though the class was not graded, I surely would have received an ' $F$ ' if it was for
"failure to crop."
Cropping is something I cannot do in my life with my photos or much anything else for that matter. I want to see that tree in the background of that print to remember that we planted it. To recall what size it was in reference to my children at that point in time to remember its demise in a violent cross wind. To feel the tingle in my spine when I remember how frightened I was with three little children in that storm.

I cannot imagine a photo of my siblings and I at my Grandparents without the background of the long depart ed candy dish full of pink and white stale peppermints on top of the white plastic doily kept on the long gone shiny coffee table in front of the nylon looped tan sofa that refused to show any signs of wear.

I want to see the old oak staircase with the one spindle replaced with a broomstick because my uncle, as a child, got his head stuck through them.

I want to see the old garage with the sideways accor dion sliding doors that never slide properly and remember the hours I spent in that now torn down and replaced garage with my father who is now in his 80's.

I know the trend is to be "clutter-free" and I am even attempting to get there myself, with the exception of my photographs. They can live in their boxes and in their albums until I've gone on to Heaven

What if the background clutter of my photos is the one thing that will someday help me remember the names that go with the smiling faces? Or even what they were smiling about? It is a chance I choose not to take.

I refuse to crop my photos of background clutter from the days of yore.

Someday they may help me close the gate and recall what I opened it for.

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

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Ben Clare United Methodist Church
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. $3^{\text {rd }}$ 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, July 26: 9 a.m. Worship Service.

## Palisade Lutheran Church

211 121 ${ }^{\text {st }}$ St.
Garretson, S.D.
Ph. 507-597-6257
firstpalisade@alliancecom.net
Ray Heidenson, Pastor

Sunday, July 26: 10:30 a.m. Worship Service. 8 p.m. Outdoor Movie Night. Food at 8 p.m. and movie begins at dusk.

Steen Reformed Church
112 W. Church Ave. Steen Ph. 855-2336
Thursday, July 23: 8 a.m. Bulletin deadline. Thursday, July 23, through Tuesday, July 28: Reuben and Val on vacation.

Sunday, July 26:9:30a.m. Worship. PulpitSupply: Wendell Brenneman. 6:30 p.m. RCYF; Junior RCYF Power Connection.

Wednesday, July 29: August calendar completed.

## Bethlehem Lutheran Church <br> Interim Pastor Grant Fisher <br> 12 N. Main St., Hills Ph. 962-3270

e-mail: bethlehemluth@alliance com.net
Thursday, July 23: 5:30 to 8:30 p.m. Final day of Vacation Bible School.

Sunday, July 26: 9 a.m. Worship at Tuff Chapel. 10 a.m. Worship at Bethlehem.

Tuesday, July 28: 2:30 p.m. Tuff Home Bible Study. 3:15 p.m. Tuff Village Bible Study.

Wednesday, July 29: 9 a.m. Quilting.

## Hills United Reformed Church 410 E. Central Ave., Hills Office Ph. 962-3254

e-mail: hillsurc@alliancecom.ne Alan Camarigg, Pastor
Sundays: 9:30 a.m. and 6p.m. Worship Services. Sunday School and Catechism after morning worship.
$1^{\text {st }}$ Sunday of each month: Fellowship dinner after Sunday School

## Whither soever <br> 13y glenda megabbes

By Glenda McGaffee
A couple of weeks ago I purchased the book, "Pioneer Girl", an annotated autobiography by Pamela Smith Hill.

The book follows the real Laura Ingalls Wilder and her family as they make their way west and discover that truth is as remarkable as fiction.

Hidden away since the 1930's the book is a never before published autobiography that reveals the true stories of her pioneering life.

I am sure most of you read the fictional classics "Little House in the Big Woods," "Farmer Boy," "Little House on the Prairie," "On The Banks of Plum Creek," "By The Shores of Silver Lake," "The Long Winter," "Little Town on the Prairie," "These Happy Golden Years" and "The First Four Years."

Last week a local news

station aired a story about Laurapalooza in Brookings South Dakota. There was also an article in the Sioux Falls Argus Leader.

Laurapalooza was an academic conference that is held every two years to celebrate Laura Ingalls Wilder.

This past weekend my youngest daughter, Samantha, and a friend attended the Wilder Pageant held in Walnut Grove, Minnesota. The pageant was performed along the banks of Plum Creek. When my girls were younger we visited the town of De Smet, South Dakota and toured the museum and home of Laura Ingalls Wilder.

This week I have recipes for Saucy Summer Vegetables and Homemade Vanilla Ice Cream from the Land O Lakes Country Heritage Cookbook printed in 1984.

With the fresh garden vegetables from your garden, here is a way to serve them with a rich cheddar cheese sauce.

Saucy Summer Vegetables 2 cups cauliflower flowerets

8 small new potatoes, scrubbed

8 baby carrots
1 cup fresh or frozen peas 3 tablespoons butter 3 tablespoons flour

$1 / 2$ teaspoon salt 1 /8 teaspoon pepper 2 cups milk
$3 / 4$ cup (3 ounces) shredded Cheddar Cheese In 3-quart saucepan combine cauliflower, pota-
toes and carrots in enough water to cover. Bring to a boil; continue cooking over medium heat 20 minutes. Add peas, continue cooking until vegetables are crisply tender (8 to 10 minutes). Drain; set
aside. Meanwhile, in 2 quart saucepan melt butter.

Stir in flour, salt and pepper. Cook over medium heat, stirring constantly, until smooth and bubbly (1 minute). Stir in milk. Continue cooking, stirring often, until mixture thickens and comes to a boil ( 8 to 12 minutes). Boil 1 min ute. Remove from heat; stir in cheese until melted. Pour over vegetables. Yield: 6 (3/4 cup) servings.

Everyone can take a turn cranking when making this..

## Homemade Ice Cream

4 cups milk
4 cups whipping cream
$11 / 2$ cups sugar
5 eggs
$11 / 2$ teaspoon vanilla
$1 / 8$ teaspoon salt
In 3-quart saucepan combine milk and whipping cream. Cook over low heat until war ( 6 to 8 minutes). In large mixer bowl combine remaining ingredients. Beat at medium speed, scraping bowl often, until smooth (2 to 3 minutes). Gradually stir into milk mixture. Cool to room temperature. Pour into ice cream canister. Freeze in ice cream maker according to manufacturer's directions. Yield: 1 gallon

## Having Fun and Staying Healthy



## Rock County Fair

Stop by the Sanford Luverne booth and learn a little more about your health. Throughout the fair you can receive free blood pressure checks and health information every day. Plus, you can take advantage of these special events:

Chair Massage - Thursday, July 30 from 3-5 p.m.
Take a break from the activity at the fair to find relief and relax with a chair massage from Kaye Donnelly.

Assistive Walking Device Checks - Thursday, July 30 from 3-5 p.m.
Have your cane or walker height checked, receive information about the right device for you and let physical therapy staff answer any questions you have.

## CPR Brush Up/AED Use - Friday, July 31 from 3-5 p.m.

Are you giving good chest compressions while performing CPR? Are you confident in using an AED device? Let our CPR instructor give you pointers and answer your questions.

Hope to see you there!
SANF $\bigoplus$ RD
Luverne

> Polish Food \& Beer, Vodka Tasting, Traditional Folk Dance, Music, Arts \& Crafts FREE Friday Night Concert: Boogie Wonderland

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Greetings from the Tuff Memorial Home.

Activities planned in the nursing home for July are:
-Friday, July 24: 2:30 p.m. Birthday party for residents observing their birthdays in July. Music by Paul and Vickie, Kullpepper Kounty, from Ellsworth.
-Wednesday, July 29: 2:30 p.m. Program by Betty Mann.
-Thursday, July 30: Burdell Rowe's birthday.

National Laundry Workers Week was observed July 12-18. Thanks to our laundry staff Judy De Noble, supervisor, Sandy Bush, Lori Rentschler, Thea Richard, Joanna Westphal, Megan Gehrke and McKenna Westphal.

Monday morning the activity, "Bake and Taste," took place in the activity room. A recipe for chocolate bars was shared by Toots Van Iperen. Here is the recipe along with the frosting.

## Chocolate Bars

1 stick butter
1 cup water
$1 / 2$ cup oil
2 cups sugar
2 cups flour
1/4 cup cocoa
$11 / 2$ teaspoons soda
1/2 cup buttermilk
1 teaspoon vanilla
2 eggs, beaten
-Bring to boil butter, water and oil. Pour over and mix into sugar, flour and cocoa. Add 2 beateneggs, the soda dissolvedin buttermilk. Add vanilla and bake in jellyroll pan at 350 degrees for 15 to 20 minutes.

## Frosting

1 stick butter
1/3 cup buttermilk
1 pound box powdered sugar
1/4 cup cocoa
1 teaspoon almond extract


Max Schuelke, at left, enjoys Fun In The Sun at the Tuff Memorial Home in Hills on Wednesday, July 15, while Isabel Wysong has fun on the water slide.

-Meltbutter and buttermilk Pour into and beat powdered sugar, cocoa and almond extract. Frost bars while hot.

Tworesidents observed their birthdays this week. Mariann Metzger celebrated her 95th birthday on July 13 and Norma

Jean Slegers celebrated her 85th birthday on July 14. We want to wish Mariann and Norma Jean a veryhappybirthdayandhopethey enjoyed their special day

We would like to welcome Jim Metzger to room 1 .

Fun in the Sun was Wednes-
day afternoon. Around 2:30 p.m.,

## community news

## Card showers

Burdell Rowe will celebrate his $95^{\text {th }}$ birthday on Thursday, July 30. Greetings may be sent to him at 500 E. $4^{\text {th }}$ St., Apt. 2 Hills, MN 56138.

## Meetings

TRIAD will meet at 10 a.m. Thursday, July 23, at the Sherriff's office.

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.

TOPS \#698 Luverne (Take Off Pounds Sensibly) meets for weigh-inat8a.m. every Thursday at Pizza Ranch in Luverne. The meeting follows at 8:30 a.m.

Al-Anon meets at 6:30 p.m. Thursdays in the Buffalo Ridge Meeting Room (lower level) at the Sanford Medical Center in Luverne. Call Stephanie at 4491246.

Narcotics Anonymous meets at 7 p.m. Fridays in the basement ofSt. 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 Community Library. Call 605-321-4324.

Brandon area Al-Anon meets at 8 p.m. Monday and Thursday evenings and at 11 a.m. Saturdays at 209 Elm Street (behindVFW) in Brandon, S.D.Call 605-215-9947 with questions.

Weight Watchers meets every Monday in First Presbyterian Church, Luverne. Weigh-in is from 5 to $5: 30 \mathrm{p} . \mathrm{m}$. and the meeting is from 5:30 to 6 p.m Call 283-2576 with questions.

## Tuff Home offers Sto-

ry Time for area chil-

## dren in July

Residents of Tuff Memorial Homeinvitechildreninthecommunity for StoryTime from 10 to 10:30 a.m. every Friday trough the month of July in the chapel. There will be story time, crafts and refreshments. The
event is free, but adult supervi sion is required. Call the Activity Department at 962-3275 with questions.

## GraceLutheranblood

drive set for July 27
The American Red Cross blood drive will be from 1 to 7 p.m. Monday, July 27, at Grace Lutheran Church in Luverne.

To set up an appointment or for more information, call Greta 507-283-5064, Eileen at 507 283-8301 or go online to www. redcrossblood.org, enter sponsor code LuverneMN

## 'Capture the Prairie' exhibitat the Carnegie

The Carnegie is currently featuring a display by photographerDebLeilani Parks, including photos taken at Blue Mounds State Park by her "Capture the Prairie" photography class.

The exhibit is on display now until the end of Julyat the Carnigie Cultural Center in Luverne.
when the event was scheduled for outside, clouds came along with some raindrops forcing eryone to go inside.
The kids enjoyed playing volleyball, coloring and playing bean bag toss. After enjoying ice cream cones, the weather had improved and the kids went out-
side to play in the pools and water slide. Several residents also went outside to enjoy the fun.

Smile ..
Teacher: "Haven't you ever read Webster's Dictionary?" ModernYouth:"No, I'm wait inguntiltheymakeitinto a movie."



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## WORK SITE SUPERVISOR ROCK/NOBLES COMMUNITY GORRECTIONS

The Rock County Administrator's Office is currently accepting applications for Work Site Supervisor for the Rock/Nobles Community Corrections organization until August 5, 2015. This is a full time position that coordinates community service work site opportunities and schedules and supervises clients at assigned work sites.
Job qualifications for this position are a High School diploma or GED, a valid State of Minnesota driver's license with 6 -months experience in carpentry, painting and supervision or an equivalent combination of education, training and experience which provides the requisite knowledge, skills, and abilities for this position. Starting hourly wage range is \$16.67-\$18.03DOQ.
To obtain a full job description and an application for this position, please visit county's web site at http://www. co.rock.mn.us/employment.html or contact the Rock County Administrator's office at 507-283-5065. Office hours are from 8:00 a.m. to $5: 00$ p.m., Monday through Friday.

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