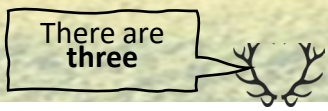




Rolling Hills Community News

Exira
Elk Horn
Kimballton
Brayton

September 14, 2023



Volume 3 - No. 14

The mystery of: "The Hiding Elk Horns"

In the July 13 paper

pg 2 lower right picture



Page 14 lower left picture



Pg 20 Bottom right



WOW..

Just short of 500 people attended the "Honor Our Heros" event ! Throughout the entire day, EVERY activity had a non-stop line. Our face-painter (Diana Anerson) painted almost 200 faces. Doug (Norse Horse) cooked just short of 500 hotdogs and hamburgers. Lines for Dunk Tank, snow cones, popcorn, cotton candy, Axe throwing never stopped. After teaching people the basics of pickle ball, Gavin started a basketball game. What an experience when the life-flight helicopter landed in the park. The pictures of the young-ones (and adults) are so cute, we have placed them throughout the paper.

Our deepest appreciation to all of the volunteers who made this happen. AND A SPECIAL SHOUT OUT TO THE LEO CLUB MEMBERS FOR HELPING US MAKE THE DAY SO SUCCESSFUL. The pictures you see were taken by Deb King.

Pick up your FREE copy of Rolling Hills Community News at your Post Office, library, bank and local stores.

And PLEASE thank the merchants for their advertisements. They make this paper possible.

We publish on the 2nd and 4th Thursday (sometimes Friday) **of the month.**

Deadline for content is the **SUNDAY BEFORE.** We REALLY APPRECIATE the content you have been sending. We would ask that you try your best to get it to us by the deadline - Earlier is MUCH appreciated.

Please send your content in digital form to our email:

content@rollinghillsnews.net. We would appreciate:

- Content pictures sent as an attachment
- Text can either be in the body of the email or as an attachment.
- Text in Microsoft Word or similar format.
- Include contact information to resolve any issues

Questions? Contact: Steve or Dusty Turner:
(712)764-3441(home) (510)205-8840 (Steve's cell)
(510) 566-3063 (Dusty's cell)



The beliefs and opinions of submitted content should not be construed as reflecting the beliefs or positions of Rolling Hills News.

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NEW



2123 Washington St. Elk Horn, - \$249,000

Beautiful, well maintained ranch home with 2-car attached garage. The seller just put on a brand new roof with new gutters and gutter guards. Other recent updates include new siding and furnace in 2018. This home has a great flow and layout with a large living room, dedicated dining area, and eat-in kitchen with updated backsplash and counter top. You'll find two bedrooms on the main floor, the primary has a half bath and there is also a guest bath and convenient main floor laundry. The basement is finished with another bathroom, non-conforming large bedroom, dedicated office, and large family room. The utilities are enclosed in a large room for all your storage needs. Great location within walking distance to all Elk Horn has to offer. Contact Kathi Kilworth at 712-249-5233.

NEW



4316 Union St. Elk Horn, - \$169,000

Ranch home with the feel of country living. Large deck while you take in the views of the countryside. 2019 updates: new siding, deck, windows, doors, furnace, central air, water softener and radon mitigation system. In 2022 the new roof and gutters. Contact Kathi Kilworth at 712-249-5233.

**HOMES:
 ACREAGE:**

- 1478 200th St, Audubon **NEW \$199,000**
- ELK HORN:**
- 4316 Union St. **SALE PENDING**
- 2123 Washington St. **NEW \$249,000**
- 4205 Madison St. **NEW \$139,900**
- 3 Lots on Sjaeland St. **NEW - SALE PENDING**
- 2126 Washington St. **SOLD**
- 2123 Broadway Ave. **PRICE REDUCED - \$799,000**
- EXIRA:**
- 303 W Washington **NEW \$89,900**
- 204 E. Harrison St. **REDUCED - \$29,900**
- 107 W. South St. **SOLD**
- 207 W. South St. **SOLD**
- Viking Addition Lots **4 LOTS REMAIN**

HARLAN:

- 1307 10th St. **SALE PENDING**
- DEXTER**
- 8439 Rosewood St., Vacant Lot **\$10,000**

COMMERCIAL PROPERTY

- 4124 Main St. Elk Horn - **SALE PENDING**
- 4218 Main St. Elk Horn, **\$29,000**
- CASS COUNTY LAND:**
- 66459 750th St., Massena **SOLD**
 3+ Acre lots to build on still available,
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Upcoming event

MARY KUBICA

LOCAL WOMAN MISSING

WED, OCT 11 AT 5:30 PM

Book Club: Local Woman Missing

10 Interested · 6 Going

Now that summer reading is over and school is back in session we thought we would bring back our Reader of the Week posts! This week's Reader of the Week is Mary Lee Jensen! Mary Lee's favorite types of books is anything mystery. Her favorite book though is *The Goldfinch* by Donna Tartt. She says her favorite things about the library is the excellent service, good choice of titles and great programs. "My favorite place in town".





News From The Mill

Summer is winding down at the windmill, but there is still a lot going on. We had our Danish tour group swing through Elk Horn for a couple days and enjoyed giving them a tour of the windmill and grounds before releasing them into town. The group even got to see the windmill's sails spin in the wind, a rare sight for them even in Denmark. They appreciated the rare chance to see the internal gears turn, and overall it was a beautiful day to be in Elk Horn. The wind didn't last long, but they left more than satisfied. The height of their stay though, was the banquet hosted at the town hall to welcome the Danes to town. Master Griller Catering put together a delicious Danish meal and the group got to enjoy a special performance of Danish folk music by Dwight Lamb, Bill Petersen, and Tom Carlson. We had a wonderful time and cannot wait for the next group to join us.

We are currently in the process of organizing another shipment from Denmark to be expected later this Fall. We're resupplying on all of our staples, but also some new and returning items that we have struggled to get as of late include stainless steel rullepølse presses and cast iron aebleskiver pans. We're also gearing up for the holiday season with new shipments of Duckfeet boots and Norwegian wool sweaters, plus hats, socks, and everything else you might need to enjoy a nice, warm winter. As we continue our work in overhauling the Christmas catalog, we're very excited about what is to come.

We've also recently commissioned local artist, Deborah King, to create a new digital image of the Mill for merchandise and marketing purposes. She did a fantastic job and we are already in the process of acquiring new merchandise including stickers, magnets, mugs, keychains, and more. Stickers are in the store now, and 11oz mugs are currently available for preorder before they arrive next week. We also have two long-sleeve shirts in stock now and more Fall/Winter apparel coming soon.

The Vikings were also in town this past weekend, but not to fight this time. Since the Vikinghjem was built over 15 years ago now, a number of areas have been in need of improvement or renovation. Both smokeholes were replaced with new wood and fixed with chicken wire to prevent more critters from getting in. Additionally, the surrounding rock was relandscaped. We want to thank the Vikings for their hard work in maintaining the hjem. Special thanks are also in order to Kodie Haas for donating lumber and Andy Anderson for lending the use of his skid loader.

Looking ahead, there are a number of exciting events coming up. This coming weekend, Shaun will be covering axe throwing during the festivities at the city park. We also have Erik Batenburg coming to inspect the Mill on September 19 and he will be in town for a few days to complete his assessment. Expect an announcement about a meet and greet with him soon. As always, there is more news to come and we just can't wait.

Shaun Sayres
Manager, Danish Windmill

"Kindness is a language which the deaf can hear and the blind can see."
— Mark Twain

JUST THINKING

I don't know how many of you have ever walked the Friend's Path to the Museum. Or have stopped to read some of the "Square Stories" by Louis Jensen that are posted along the path. If you haven't done either of these, you really should. From the views of nature to the fitness equipment, or just to pause at one of the council rings, can refresh you in many ways.

One of the Square Stories struck me as so fitting in today's world. The story about the turtle and the giraffe is a lesson within a fairy tale. For the turtle wanted to build a big, tall house so it could sit up high and see the world from that perspective. The giraffe said it would help if the turtle would help it dig a big deep hole. Deep enough so that its head would be at ground level as it had never seen the world from that perspective.

What if we took these fairy tale creatures' advice and tried to see things from other people's perspective. Would that change our deeply held convictions? Probably not. But if we could understand where the convictions of others arose, then that could lead to some great accomplishments. It could foster some true communication which could lead to cooperation and compromise between ideals. For a community, or society, or nation to function as it should, it cannot be from just one point of view.

It is when the lines of communication are open between different points of view that compromise is possible. Which leads to the best possible result for all. Should we all agree? I will let this quote from Angelia Jolie answer that question.

"Our diversity is our strength. What a dull and pointless life it would be if everyone was the same!" — Bob Mortenson 9-2-2023.

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YES, THERE IS GOOD NEWS!

In our previous article we began to consider the topic of holiness. One thing we should understand about this is that God is perfect in holiness and so in Peter's first epistle we are confronted with this statement, "But as He who called you is holy, so be holy in all your conduct. For it is written: 'Be holy because I am holy'" (1 Peter 1:15-16)

So does this mean that we are to be perfect in holiness? And if so, how do we, mere mortals, attain to this holiness?

Peter does not leave us to wonder about this. He continues in this vein by stating that we must, "live our lives as sojourners here in reverent fear ... it was not with silver or gold that you were redeemed from the empty way of life handed down to you from your forefathers, but with the precious blood of Christ, a lamb without blemish or defect." (1 Pt. 1:17-19)

Let us stop here and consider what Peter is saying to us. First of all we should regard our lives on this earth as if we were sojourners. Thinking about that, I am reminded of the song, "This World is not my Home". We truly are temporary residence here.

The concept of reverent fear is basically being in awe of who God is; it is coming to grips with the greatness of God and the littleness of self. Paul tells us of this in similar words, "Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, bringing holiness to completion in the fear of God." (2 Corinthians 7:1)

"Bringing holiness to completion" Hmmm! Another way of saying this is "Bringing holiness to perfection." And this must be done in the "fear of God"! My this begins to get quite deep – but very interesting!! And yet it is not the impossible task we may imagine.

In another context, the apostles were baffled concerning salvation; they asked the question, "Who then can be saved? Jesus looked at them and said "With man this is impossible, but with God all things are possible." (Matt. 19:25-26) And that is just what we find in our pursuit of holiness – with God in the equation 'holiness unto completion (or perfection) is possible. In fact it is the only way it is possible!!

God sent His Son to bring salvation to all men. In this we find the blood of Jesus, bringing righteousness to the sinner and so Paul tells us, in Romans 6:22, "but now that you have been freed from sin and have become slaves to God the fruit you reap leads to holiness." This is where Peter tells us, "It was not with silver or gold that you were redeemed from the empty way of life handed down to you from your forefathers, but with the precious blood of Christ, a lamb without blemish or defect."

Jesus Christ is the only way to realize eternal life. He is the only way to salvation. In the book of Acts Peter says this, "Salvation is found in no one else, for there is no other name under heaven given to men by which we must be saved." (Acts 4:12) More to come!!

Bill Rollins 9-10-23

IT'S ONLY SCIENCE

One of the fields of science that most people never consider to be science is history. Many think that to study history all you have to do is read a few books. When to be a true historian, you must investigate much deeper than just history books.

One reason for that fact is that most history books are written by the winners in that time period. This means that the history of a certain period or event is written to provide a favorable account from the winner's perspective. Which causes a lack of accurate information about the subject. Without accurate information it is impossible to clearly determine if this was a defining event that caused significant shift in the future course of events.

An excellent example of this is the Holiday we just celebrated. When the "Americas" declared their independence from the British Empire this caused the future course of events for the fledgling nation to experience many opportunities that could not have existed otherwise. This new nation could now chart its own course of development. It was free to adopt its own government and laws. And its development was now under its control. It could strive to be what it wished to become without any restrictions from outside interference.

Historians are always seeking to discover which events are actually defining events in history. And what were the forces that brought about the event? A good example was the invention of the wheel. Was it when people discovered that it was easier to move heavy objects if you put round logs under them? Did someone then figure that using just a slice of the log and putting it on an axle would also work? We still do not know some of those details, but we do know that the wheel's invention changed many things.

Another event that completely changed the future course of development was the invention of the steam engine. This allowed the start of the industrial age to begin. Although humanity had already harnessed the power of wind and water the steam engine allowed machines to work at locations away from those sources. Once again, this was an event that caused a major change in the course of history.

Scientists believe the next truly formative change will be from a new declaration of independence. When we declare our independence from fossil fuels. When we are using carbon free sources of power this will change our impact on the world's ecology! Scientists and researchers are already working to create carbon neutral liquid fuels for applications where batteries are not suitable. These fuels do emit some carbon pollution, but it is equal to the carbon used to create them. This results in them being carbon neutral.

Can you think of other declarations of independence that humanity could make? Could we declare our independence from those who seek to tell us who we should hate? Or to which religious doctrine we should adhere? I will leave those ponderings to the reader. But I must remind the reader, that when you have made your decisions, then it is time to act. For all remarkable things that have been done by humanity started with just a few people, often doing just small things. That has always made the difference!

Bob Mortenson 7-12-2023.

EHK Class of 1968 at their 55th class reunion, held at the Kimballton Town Hall Sept 3, 2023

Front Row: left to right, Bruce Wheatley, Stuart Madsen, Donna (Hansen) Archer, Susan (Poldberg) Hoegh, Nancy (Wolken) Schmitz, Norene (Leistad) Hayes

Back Row: Richard Kroman, Marc Shelstrom, Kent Larsen, Bob Larson, Dale Larsen, Jim

Pedersen, Trudy (Young) Juelsgaard, Marge (Grof) Ingerslev, Kent Ingerslev, Mary (Andersen)

Gregersen, Linda (Hansen) Ballantyne, Nancy (Fulk) Roach, Evelyn (Christensen) Madsen, Linda (Wekander) Sornsen

**Healthy U: Older Adult Nutrition**

Atlantic, IA – The August session of Healthy U — Cass Health’s monthly lunch-and-learn series — will feature a presentation on “Older Adult Nutrition” by Beth Olsen, MS, RD, LD. The presentation will be on Thursday, August 17 at noon in Conference Room 2. Olsen graduated from Iowa State University with her Bachelor of Science in Dietetics in 2012 and Master of Science in Nutritional Sciences in 2013. She went on to complete her Dietetic Internship in 2014 and has been working as a Registered Dietitian ever since. Beth joined Cass Health in 2106 as the Director of Public Health, where she manages several community health initiatives and programs. In a unique dual role, she also serves as the Clinical Dietitian for Cass Health.

Healthy U is a free educational series held every month at Cass Health that the public is encouraged to attend. During Healthy U, Cass Health providers and staff share health information on a different topic each month. Upcoming presenters include Dr. Matt Weresh and Lace Sindt, ARNP.

A free boxed lunch is provided for all attendees, so reservations are required. Call 712-243-7479 to reserve your seat. For more information about Healthy U, visit casshealth.org/healthyu.

Scratches From The Rusty Quill

By Wava Petersen

During my childhood in the lean years of the 1930s my wardrobe mainly consisted of hand-me-down clothes from my older cousins, feed sack fashions and many clothes recycled from the better parts of well-worn adult dresses and coats. Shoes, however, were a different story. By the time shoes were out-grown they were so tattered that they weren't worth passing on to a cousin with smaller feet.

As back to school time neared each year in September I was outfitted with a new pair of sturdy oxfords for school and one pair of dress shoes suitable for fall and winter. Each spring I got a new pair of summer dress shoes. They were always purchased with plenty of toe and grow room. If you didn't particularly like them you wore them anyway. Then came the war years of the 1940s. Shoes were among the rationed items with only two pairs of leather shoes allowed per person each year. Some shoes of manmade materials could be purchased without rationing stamps but they were poorly constructed and just generally unacceptable. They looked so neat on the shiny page of the Sears catalog but what a disappointment those moccasins were when they arrived in the mailbox. Made of some sort of waxed canvas material they looked sort of like bags tied on my feet. I loathed those ugly brown booties intensely, but I had no choice but to wear them.

Perhaps my lack of variety in footwear in my early years had something to do with developing a passion for shoes in my adulthood, especially after I began working in an office where dress-up was a requirement. Passing by a shoe store I was drawn like a moth to a light bulb, especially if there was a SALE sign in the window. Not that they were high priced designer shoes, but I often purchased a pair I just couldn't resist. It must have been the day I came home with three pairs of new shoes that Lyle, with an indulgent grin, teasingly threatened to begin calling me Imelda Marcos.

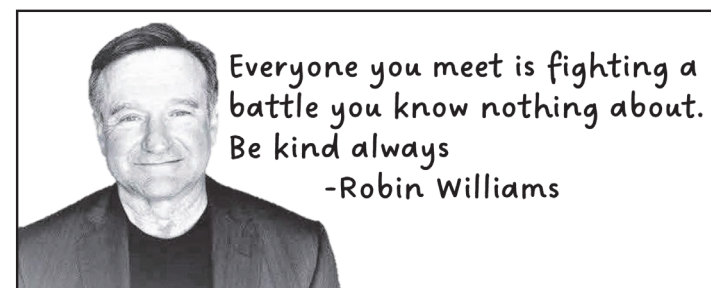
Many of you readers probably remember when Ferdinand Marcos was ousted in disgrace from his position as president of the Philippine Islands. Marcos was deposed in 1969 for corruption, extravagance and brutality. He and his wife Imelda were exiled to Hawaii post-haste, leaving most of their belongings behind. Ferdinand died in exile in 1989. After their hasty exit from the palace the police reported that Imelda had amassed a lavish wardrobe that included 15 mink coats, 508 gowns, 888 handbags and 3000 pairs of shoes. From high heels to flat boots from local shoemakers to designers like Christian Dior, ABC Australia reported that during her time at the "top" local cobblers would supply Imelda with 10 pairs of shoes every week.

As I refreshed my memory about the Marcos debacle with a visit to Google, I also stumbled onto some other interesting facts: In March, 2020 Darlene Flynn held the USA record with the verified ownership of 16,400 pairs of shoes. As of March, 2023 the richest shoe brand company was NIKE with \$28 billion in revenue. A pair of AIR Jordan Trainers worn and signed by Michael Jordan sold for 1.7 million dollars at auction. They were worn by Jordan during the second game of the NBA finals in 1998 during his final year with the Chicago Bulls.



The record for the biggest feet ever goes to Robert Wadlow who wore a 37AA shoe. His feet measured 18.5 inches each. Wadlow was 8 feet and 11.1 inches tall. His wingspan was 9 feet 5 inches. He weighed 439 lbs. and was still growing at the time of his death. Born in Alton, IL Feb. 28, 1922, Wadlow weighed a normal 8½ lbs. and measured 20 inches in length. His abnormal growth was caused by an unchecked pituitary gland disfunction. Called the gentle giant because of his quiet manner and easy smile, he holds the record as the tallest known human. Sadly, Wadlow died in 1940 at the age of 22. His premature passing was due to the infection of a blister caused by a poorly fitted leg brace. In his hometown, Alton Illinois, a statue of this tall, thin, gentle giant honors the memory of Robert Wadlow.

When it comes to shoes, the foot fashions of my youth have been replaced with the old-age desire for comfort and most of my favorite shoes have gone to wherever old shoes go. But one unusual pair of shoes that I have never worn are among my treasured keepsakes. My mother, an RN did her nurse's training at a sanitarium in Chamberlain, SD in the late 1920s. In appreciation for her excellent nursing care, an Indian Chief gave her a pair of hand-constructed moccasins. I don't know for certain, but he was probably from a branch of the Lakota Sioux as two different reservations are located northwest of Chamberlain. My mother apparently put those shoes to good use as the hard, thin soles are well-worn. But the leather uppers are still soft and supple which is rather amazing since they are nearly a century old. And the beautiful beading on the those moccasins still glistens in the sunlight.



Free Community Walk in Support of National Suicide Prevention Month

Atlantic, IA—Cass Health’s Senior Life Solutions team is hosting a free community walk in support of National Suicide Prevention Month on Saturday, September 23, 2023 beginning at 6:30 pm at the Rotary Shelter at Schildberg Recreation Area. The event is being co-hosted by Healthy Cass County, Cass County Iowa State University Extension, and Zion Integrated Behavioral Health Services.

The event will kick-off at 6:30 pm with a local speaker who will share their story on how suicide has touched their lives. The walk portion of the evening will begin around 7:00 pm. Participants will walk the trail loop at the Schildberg Recreation Area. Information about mental health services and community resources as well as light refreshments will be available at the Rotary Shelter.

“Suicide Prevention Month is a chance to take time to stop and assess yourself and those around you to ensure those who need help have access to it and aren’t living at risk. By raising awareness and educating people about the signs that can indicate someone is having suicidal thoughts or are possibly in danger of attempting suicide, we can help to prevent suicide from happening,” said Karmen Roland, RN, Program Director of Senior Life Solutions.

If you or someone you know is in an emergency, call 911 immediately. If you are in crisis or are experiencing difficult or suicidal thoughts, call, text, or chat the Suicide and Crisis Lifeline at 988.

For more information about the walk, call 712-250-8100.



MYRTUE
Medical Center



WALK FOR SUICIDE PREVENTION

BREAK THE STIGMA

Join us as we walk to bring awareness to suicide prevention. Come out to learn more about the importance of suicide prevention and how we can work together to break the stigmas surrounding mental health.

WE ARE HERE TO HELP

Our program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging.

Anyone can refer to our program. If you or someone you know could benefit from this program, don't hesitate to get in touch with us. Call us today.

712.755.4327

DATE AND PLACE

Thursday, Sept 21st
12:00 PM
Pioneer Park

The start of the pool renovation





Exira's Annual Fall Festival

Craft & Vendor Fair, Food, Kids Zone,
Contests and More.

Saturday, September 30th
9 AM - 3 PM



Exira's Fall Festival Show & Shine Car Show



Saturday, September 30th, 2023
10am - 3pm

- North side of the City Park.
- No registration fee.
- Participants can enter a chance to win a car accessory gift basket!

Exira Fire Department open house September 17 serving steak sandwiches and hamburgers chips and beans grilled by Audubon County Beef Producers. Serving from 5 to 7 pm for free will donation. Will have to-go meals if you would like to take home.



Twenty-two years ago tonight, thousands of people were preparing for bed. They tucked in children, kissed their spouses or significant others, or went to work their night shift employment, not knowing it would be for the last time.

The Facts:
The attacks killed 2,977 people from 93 nations: 2,753 people were killed in New York; 184 people were killed at the Pentagon; and 40 people were killed on Flight 93. This year, 43 more people lost their lives in connection with 9/11.




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Saying Good-Bye for now till next year's Adult Swim



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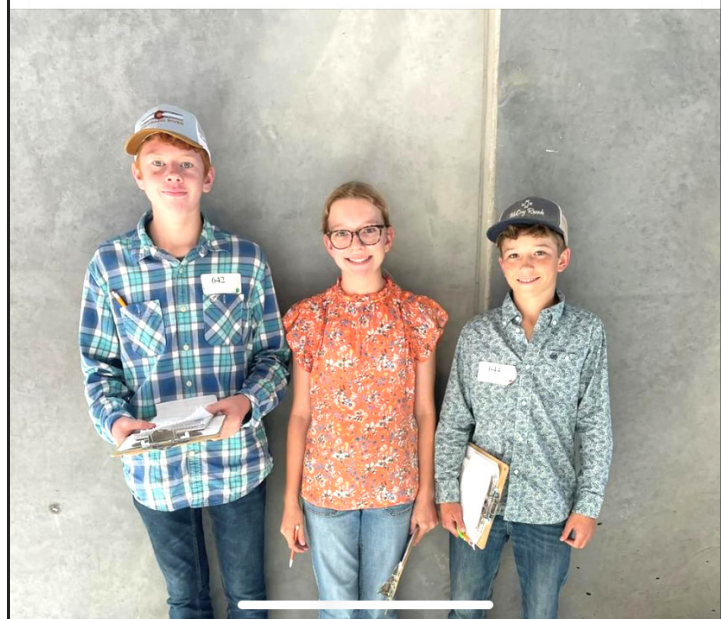
HOPE EMPATHY ACCEPTANCE LOVE

Our Mission: To support those living with incurable chronic medical conditions that impact quality of life.

Meets monthly at the **Exira Library Meeting room**
The **3rd Wednesday** of every month from **6pm-8pm**

Contact (712) 304-5779 with questions

Yesterday we set out for Ames and these three competed in the State Livestock Judging Contest at Iowa State University. They earned a bronze overall which we are so proud of for our first oral reasons competition and Austin placed 38th as an individual! Great job Carter, Leah and Austin!!



"Garage Sale at Barb Smith's, 2019 Tivoli St, Elk Horn Friday September 15, 8 am to 6 pm Saturday September 16, 8 am to 1 pm Tons of homemade goodies - jams and jellies, pickles, spaghetti sauce, pizza sauce, 6 kinds of salsa, some kids clothes and lots of women's Under Armor sweatshirts and workout clothes, self propelled lawn mower, other items you want want to pass up!"

ELK HORN FIRE &

RESCUE

RAFFLE TICKETS

FOR A 1/2 BEEF

ALL PROCESSED AND READY TO GO!

COURTESY OF RICK CHRISTENSEN

TICKETS ARE

\$20 EACH OR 3/\$50

PURCHASE TICKETS AT THE CITY CLERKS

OFFICE, METC OR FROM ANY FIRE RESCUE MEMBER

DRAWING WILL BE HELD ON OCT 30TH AT 10AM. DO NOT NEED TO BE

Happy 95th Birthday to John! Paulette made banana cake with buttercream frosting for his birthday while he and his friends played pinochle. It was great to be able to celebrate such a milestone birthday!



Barb Smith will be sharing one of her many salsa recipes with us and teaching us how to make it.



The Elk Horn Public Library is starting something new! Every other month we will be doing a Cookbook Club. "Fresh From the Garden" is our theme in September. Bring something made with things found in your garden, a neighbor's garden, or the farmer's market along with your recipe (you only need to bring one copy.) We will enjoy testing everyone's dish and get a collection of new recipes to try!

Yum, yum! We had our first ever Cookbook Club last night. The biggest hit and most interesting dish "from the garden" was Zapple pie! Our next Cookbook Club is Nov. 2nd at 6:30pm.



ELK HORN
PUBLIC
LIBRARY

AFTER-SCHOOL PROGRAMS

MONDAYS
3:45PM-4:30PM

WEDNESDAYS
2PM-4PM

LIBRARY HOURS:
MON. TUES. 12:30-4:30PM
WED. FRI. 12:30-4:30PM
THURS. 12:30-6:30PM
SAT. 9-11AM

Afterschool Adventures are Mondays.

- Geared for children 4yrs old - 2nd grade.
- Each month will feature a dramatic play area in the children's section of the library for hands-on play.
- A story will be read
- snack provided
- activity to go along with the book/theme

Wild Wednesdays

- kids in 3rd grade and Up
- A different topic will be explored each month with all sorts of wild fun
- snack provided



The Deadwood Saloon (aka Elk Horn Public Library) was filled with a smattering of bandits, bankers, saloon girls, sheriffs, gamblers, east coast debutantes, and of course a few of the locals of Deadwood. Everyone was dressed for the occasion of our Murder Myster Dinner.

During a lovely dinner at the saloon with food prepared by Paulette and drinks served from Billy the Bartender and the owner of the saloon, Harry High-Stakes, a murder happened!!! Mitch Mavrick was murdered! Everyone was questioned....



A story about the first school days of our class that graduated in 1968 from Elk Horn

Kimballton, written by Bev Larsen, who was our classmate Steve Petersen's mother. It is her memories of the first year our class attended kindergarten, in 1955.

Question: which was the hardest job? Teaching school or serving on the school board when there is a teacher shortage? Adding to the rest of the problems ½ of the families were leaning toward Audubon district and the other ½ to Elk Horn.

It was midsummer and no kindergarten teacher had applied and a large class of 20 boys and 18 girls were eager and in excellent health ready for their first day of school. But where would they get a teacher? The new banker at Kimballton had a wife who applied for the job, Mrs. Kuiken. But she insisted that because of the big class she would need a helper. She had no idea of what she was getting herself in for. The class included boys, with names like Gude, Potts, Petersen, Hoegh, to name a few, and the girls, were of course, all blue eyed, well brought up, sweet and mild. But from day one it was a disaster! For one thing, the kindergarten class was assigned a smallish room with a crawl space under the front stairs where the boys loved to crawl

when the teacher wasn't looking. This was a convenient place to hide after pulling a girl's pigtails and then scrambling on all fours, hiding and laughing. By the second week of school the teacher was tempted to quit, she didn't but this was to

be her one and only year teaching! One year was enough with these boys, most of who were 1st, 2nd, or third cousins.

Well it was a long rough year for the teacher and her helper. But this is not the end of the story!

The next year, this group now known as the wild bunch, were first graders and who was assigned as their teacher? The one and only Bertha Andersen. No nonsense now. She looked each and every boy in the eye and by some magic spell she cast over them there was no more nonsense, She only had to play one middle C and they all scrambled in a preordained semi circle and sang. A toot of her whistle and with no nonsense they lined up for recess. If you wanted to go to the restroom, well buddy you waited. One year of Miss Andersen and by 2nd grade this group had become tame and civilized.

All became good adults serving their community and their country, never forgetting their early days at EHK and never forgetting how Bertha Andersen turned over 3 dozen untamed 5 year olds into very normal human beings.

Mark Petersen
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Myrtue Medical Center Recognized for Excellence in Lactation Support

The International Board of Lactation Consultant Examiners® (IBLCE®) and International Lactation Consultant Association® (ILCA®) and Family Friendly Business Award have recognized Myrtue Medical Center for excellence in lactation care.

Myrtue Medical Center has received the IBCLC Care Award in recognition of staffing professionals who hold the prestigious International Board Certified Lactation Consultant® (IBCLC®) certification and provide lactation programs for breastfeeding families. The Family Friendly Business Award is for employers who support their breastfeeding employees.

Cara Cacy, IBCLC, Myrtue's Certified Lactation Consultant, helps guide and support moms with their newborn's needs and feeding goals. Cara's focus is on preventive care. She is available during pregnancy to assess and provide information on how to successfully initiate breastfeeding. She continues that assistance after the baby is born in the hospital to get breastfeeding off to a good start. Cara is also available for lactation consultations for soreness, poor weight gain, or any other unusual situations such as breastfeeding more than one baby or nursing a sick or premature infant. Cara educates nursing staff to manage basic breastfeeding care and helps them navigate returning to work and daycare. Myrtue

Medical Center is also a milk bank depot and provides our inpatients with pasteurized human donor milk, if supplementation is needed. As of May 2021, Myrtue works with the Mother's Milk Bank of Iowa to provide pasteurized donor human milk to families and hospitals. Donor human milk is available for premature and term infants. It is often used for hospitalized premature infants, infants born with immunological defects, insufficient milk supply, adopted infants, mother illness requiring brief cessation of breast feeding. Myrtue is a depot in southwest Iowa and we are proud to provide this service to our community.

BEHAVIORAL HEALTH

DAILY HOURS

MONDAY: 7:00 AM - 7:00 PM

TUESDAY: 7:00 AM - 7:00 PM

WEDNESDAY: 7:00 AM - 5:00 PM

THURSDAY: 7:00 AM - 7:00 PM

FRIDAY: 8:00 AM - 4:00 PM

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MYRTUE
 Medical Center

Myrtue Behavioral Health Now Offering Early Morning Hours

(Harlan) – Myrtue Medical Center's Behavioral Health Department now provides more scheduling flexibility for the community. Appointments for therapy and medication management are now available starting at 7 am Monday through Thursday and at 8 am on Fridays. Behavioral Health will continue to offer evening options until 7 pm on Mondays, Tuesdays, and Thursdays.

Connecting with consistent mental healthcare can be a challenge while juggling life commitments. "We have taken several steps to make it easier to connect with services, such as adding our Starting Point Therapy Group, which provides an option to connect to therapy services within days of reaching out," said Behavioral Health Director Lindsey Kinney, LMHC. "Adding early morning appointments is now another way we are working to provide our patients with support that works within their lives."

Myrtue Behavioral Health offers comprehensive services to address mental health needs, including individual, couples, and family therapy, medication evaluation and management, substance abuse evaluation and treatment, and community support services. To learn more, call 712-755-5056 or visit www.myrtue-medical.org/services/behavioral-health. Behavioral Health is located at 1110 Morningview Drive in Harlan.

FLATBREADS & PRAIRIE FLOWERS at the Museum of Danish America

We had the best time at our Flatbreads & Prairie Flowers event! It was a night filled with flatbread pizzas, salads, s'mores, and more! After dinner, guests line-danced and gathered around the Hansen Council Ring or their own picnic blankets for an evening of friendly conversation. We loved catching up with old friends and meeting so many new ones! Thank you for coming to this event—we loved having you!

The products provided by Brun Ko Farm were delicious, and Milk & Honey did a wonderful job preparing them and showcasing their flavors. Thank you to Brun Ko Farm and Milk & Honey for partnering with us to make this event possible!



Personal Banker, Elk Horn

SCSB is currently seeking a Personal Banker for its Elk Horn branch location.

This role is accountable for developing and enhancing banking relationships by prospecting new customers and calling on existing customers. Applicants must provide expertise in all deposit products and services which means attending internal and external training sessions as assigned by supervisor. Products and services include checking, savings, IRAs, safe deposit boxes, online banking, mobile banking, and debit cards. Personal Bankers must also have a basic understanding of overdraft protection, home equity line of credits, credit cards, and loans.

SCSB offers a competitive salary, health, vision and dental insurance, 401(k), paid holidays and other numerous benefits.

Application for employment and a detailed job description can be found at www.scsbnet.com/careers.



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Join us for the Outlook Study Club meeting on Monday, September 18th! We will have a baked potato bar starting at 6:00 with Rachel Smith sharing some of her life adventures. Please let the library know if you plan to attend as a member or guest!



Myrtue Medical Center Nationally Recognized for its Commitment to Quality Care for Heart Attacks

Myrtue Medical Center has received American Heart Association’s Mission: Lifeline® STEMI Referring Center Gold Plus recognition for its commitment to ensuring science-based treatment for all people experiencing a specific type of heart attack known as an ST elevation myocardial infarction (STEMI), known to be more severe and dangerous than other types of heart attacks.

The American Heart Association (AHA) once again has awarded Myrtue its Mission: Lifeline® STEMI Referring Gold Plus quality achievement award. Myrtue has been recognized the last five years for the treatment of patients who suffer severe heart attacks.

- 2023 – Gold Plus 3rd year in a row
- 2022 – Gold Plus 2nd year in a row
- 2021 – Gold Plus
- 2020 – Gold
- 2019 – Silver

This award recognizes hospitals that have met or exceeded recommendations in treating patients with severe heart attacks, called STEMI heart attacks. A STEMI “ST-elevation myocardial infarction” is a serious form of heart attack caused by a blockage of blood flow to the heart. Every year, more than 280,000 people experience a STEMI that requires timely treatment. To prevent death, it is critical to restore blood flow as quickly as possible, either by mechanically opening the blocked vessel or by providing clot-busting medication.

“Myrtue was the first critical access hospital in Iowa to receive the Gold Plus award in 2021, and to receive it for a third year in a row is a tremendous accomplishment. “Looking to the future of EMS in Shelby County, it is imperative that we continue to offer the same lifesaving and rapid transport service that Medivac Critical Care Ambulance Service offers. The ability they have to urgently present to transfer a STEMI patient to the cath lab is truly something desired statewide.

This recognition for our level of cardiac care is truly an honor but I am also so very proud of the EMS system and team-work we have here in Shelby County,” said Jenny Lefeber RN BSN TCRN, manager of Myrtue’s Emergency Department.

The American Heart Association’s Mission: Lifeline program aims to reduce system barriers to prompt treatment for heart attacks, beginning with the 9-1-1 call, to EMS transport and continuing through hospital treatment and discharge. The national, community-based initiative aims to improve systems of care by streamlining processes to speed the delivery of proper treatment for time sensitive, neuro-cardiovascular disease states.

Myrtue Medical Center earned the award by meeting specific criteria and standards of performance for promptly diagnosing STEMI patients and transferring them to hospitals that provide emergency procedures to re-establish blood flow to blocked arteries when needed.

“We are pleased to recognize Myrtue Medical Center for its commitment to caring for those in their community who need cardiovascular care,” said John Warner, M.D., FAHA, past president of the American Heart Association and CEO of The Ohio State University Wexner Medical Center. “Hospitals that follow the American Heart Association’s quality improvement protocols often see improved patient outcomes, fewer readmissions and lower mortality rates – a win for health care systems, families and communities.”



GENEALOGY

Workshop Series

The Genealogy & Education Center of the Museum of Danish America is excited to offer a FREE 3-part series led by staff and volunteers.

Sept. 11, 18, and 25
at 2pm

It's the perfect time to dive deeper into researching and documenting family history. Topics will include an introduction to the Genealogy & Education Center and its resources, how and where to collect information,



The local old folks home had a garage sale. I got this cool gravy boat for just 25 cents !!



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Words of Wisdom from Troy:

"It's not the size of the dog in the fight, it's the size of the fight in the dog." – Mark Twain

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