

Rolling Hills **Community News** There are

Exira Elk Horn Kimballton Brayton

May 25, 2023

The mystery of: "The Hiding Elk Horns" In the April 27 paper

Page 19

pg 6 Quilt Pg 20 Duane's outhouse



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 BE-FORE.

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.

These Elk horns are hiding somewhere in this publication It may be small, large, a different color ...

The first two people to show Diane at the Norse Horse where the horns are hidden get a drink token...

three

Elk Horn American Legion Tribute to Veterans of All Wars Monday May 29th

Military Service

Volume 3 - No. 9

Clay Township 9:30am Monroe Church 10:00am Elk Horn Church 11:00am Followed by Military Service at the Elk Horn Cemetery

Followed by Lunch in Fellowship Hall Everyone Welcome * Free Will Donation

MEMORIAL DAY IS ONLY ONCE A YEAR but our gratitude is endless





Beat The Heat!! Free Fans Available at Public Health

As warmer weather approaches, it is time to think about how to keep cool during those hot spring and summer days. If you are in need of a fan to help keep cool this summer, call Myrtue Medical Center's Public Health Department at 712.755.4422 or come to our office at 2712 12th Street in Harlan to request a free fan. One fan is available per family and provided on a first-come, first-served basis.

Community News



The 2023 King and Queen Wayne and Janelle







May 25, 2023

Myrtue's Specialty Clinic Brings You Dr. Ivey Thornton

Ivey Thornton, MD, is a board certified Ophthalmologist with Nebraska Medicine and will join Myrtue's Surgery+ Specialty Clinic on June 27, 2023. Dr. Thornton will host clinics on the 4th Tuesday of each month. Ophthalmology is a surgical subspecialty within medicine that deals with the diagnosis and treatment of eye disorders.

Dr. Thornton specializes in Neuro-Ophthalmology, Advanced Dry Eye, Comprehensive Ophthalmology & Cataract, Cornea and Refractive Surgery, and Glaucoma.

Medical School: University of Alabama School of Medicine

Internship: Akron City Hospital

Residency: Ophthalmology, University of Louisville

Fellowship: Neuro-Ophthalmology, Massachusetts Eye and Ear Infirmary- Harvard University and Anterior Segment, Cincinnati Eye Institute

To schedule an appointment, call 712.755.4516.

Myrtue's Surgery + Specialty Clinic provides specialized care, surgical consultations, and recommendations for treatment, while keeping patients close to home.



Myrtue's Behavioral Health Brings You **Dr. Erica Larson**

Erica Larson, DO, is board certified in both general psychiatry and child and adolescent psychiatry by the American Board of Neurology and Psychiatry. She will be offering telehealth psychiatric services through Myrtue's Behavioral Health beginning on summer 2023.

Dr. Larson's specialty focus is on corporate wellness and optimization, treatment of health care professionals and ADHD for both adults and children. She has an approach that is comprehensive and holistic. Focusing on integrating all aspects of wellness and functionality.

Medical School: Michigan State University

Residency: Michigan State University

Fellowship: Michigan State University

> **To schedule an appointment, call 712.755.5056** The Department of Behavioral Health's mission is to establish partnerships and empower individuals through education, quality interventions, and preventive resources to promote well-being.



Mental Health Awareness Month provides an opportunity for reflection

(Harlan) – The world is turning green as we move into spring, but it is not just the plants. Green is also the color for Mental Health Awareness Month, and Myrtue Behavioral Health is encouraging area residents to take this opportunity to reflect on their own mental health.

Mental health challenges are very common, as 1 in 5 will have some kind of mental health condition in a given year. Stigma is the greatest barrier to individuals seeking help when mental health is strained. This month, in partnership with Myrtue Behavioral Health, we will bring you a series of articles to help build greater understanding about mental health, learn to strengthen your own self-care, and reduce stigma related to mental health struggles.

We are kicking off the month with this Mental Health Awareness Month Checklist, provided by the Iowa Healthiest State Initiative's Make it Ok campaign. These checklist items are easy but powerful strategies all of us can use to care for our mental health this month and all year long.

To learn more about local options to support mental health, contact Myrtue Behavioral Health. Behavioral health offers comprehensive services as well as referrals to community resources. Call 712-755-5056 or visit https://www.myrtuemedical.org/services/behavioral-health.

Scratches From The Rusty Quill

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By Wava Petersen

May 25, 2023

Scratches From The Rusty Quill By Wava Petersen

Mothers' Day dinner was pretty special at my house this year with 12 of us around the table. Roast beef and mashed potatoes smothered with home style noodles and gravy were the main course on the menu, by unanimous request. Now that food is on my mind, maybe it's time for a few more thoughts on the subject.



Speaking of noodles, Lyle's niece Connie was well into middle age when she confessed that she grew up thinking noodles were made out of chicken because her grown-up friend, Inona, always said, "The fatter the hen, the better the noodles."

One morning before leaving for work I had made a large pot of chili for Lyle to feed his two hired men of the day. Juggling morning farm chores, a hearty breakfast and getting myself presentable for the office was quite a caper. I set the burner on simmer while I combed my hair; I would turn it off before I left, or so I intended. My mother lived up the hill and she would come just before noon, add the beans and heat up the meal. I was just heading for the school lunchroom when the phone rang. "What did you do to the chili?" It was Lyle's voice. "Why? Is it too hot?" I asked. "Yes, it's too hot. In fact, it's burned to a crisp. What shall I do with it?" I suggested he fill the kettle with hot water, add a generous heap of dishwasher detergent and set it out in the grass. Would you believe I got that kettle completely cleaned and still in use? About two weeks later my girls gifted me with a crock-pot so I wouldn't ever try to burn the house down again. I think my mother fed the hungry men fried eggs.

My dad enjoyed trying his hand and my mother's patience experimenting with different recipes of his own creation. His family served as the guinea pigs for his concoctions. The time he made rullepølse tops the list of his accomplishments. I don't remember too much about it, being only about six or seven at the time. I do remember him standing over a slab of beef on the kitchen table holding a large can of mixed spices which was being generously sprinkled on the meat. He would stop and inspect it now and then and add some more spice. He always believed if a little is good then more is better. Eventually he decided it was just right. It was rolled up like a jellyroll and neatly sewed with a large needle and heavy cord, then soaked in a strong brine for several days. Finally, it was boiled and ready to serve. As we bit into our delicious looking sandwiches our mouths were instantly on spice induced fire. There was no other choice but to throw that rollepolse out to the dog. We watched from the kitchen window as Sandy started to chew on his special hand-out. He gnawed a few seconds, then stopped and rubbed his watering eyes with his paws. He repeated this procedure several times, finally giving up. Sandy picked that awful thing up, caried it over to the big snowbank by the window, dug a hole in the snowbank and buried the wretched thing.

In closing: The Peterson family and I want to express our appreciation for the cards, memorials, calls and words of comfort at the time of Dale Peterson's passing. Thanks to those who helped with lunch and a special thanks to members of American Legion Post 322 for providing military honors at the interment service.

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Scandanavian Scavenger Hunt May 22nd - 27th, 2023

A Photo Op with a Viking Ship
A Danish Day of the Week
Pastry Version of Scandinavian Letters
A Danish Squirrel Looking For Pizza
Snuggling with Scandinavian Love
A Miniature of an Elk Horn Landmark
Danish "Dancing on the Ceiling"
Grand Danish Music with Victor Borge
Scandinavian Crown

Participating Businesses

Copenhagen Friday . Egg Krate . Grace on Main Kringleman . Log Cabin Quilt Shop Love You Mor . Museum of Danish America Norse Horse Tavern . Old Danish Workshop

City of Exira

EXIRA CITY COUNCIL REGULAR MEETING

108 E WASHINGTON ST. – CITY HALL MONDAY, MAY 8, 2023 7:30 PM

The Exira City Council met for their regular meeting in city hall on Monday, May 8, 2023. Present were Mayor Mike Huegerich, City Clerk Meg Andersen, City Attorney Clint Fichter, and Council Members: Dwight Jessen, Nathan Wahlert, and Dorreen Schrader. Also in attendance was public works employee, Mike Lauritsen. Deputy Rokke, Tim Sheets, and Dave Sturm were also present for a part of the meeting.

Mayor Huegerich called the meeting to order at 7:30 PM.

A motion made by Jessen, seconded by Wahlert, to approve the agenda. All voted aye, motion passed.

A motion made by Jessen, seconded by Schrader, to approve the consent agenda. All voted aye, motion passed.

No one was present for public input.

No library report was available.

Deputy Rokke presented the sheriff's report for the month of April.

The council requested comparable proposals for the Edgerton Street bridge replacement project from JEO and Snyder engineering firms be available for the next regularly scheduled meeting.

The request to vacate the unopened portion of Florence Street north of W Washington St and south of Lots 1 and 2, Block B, in Struble's Addition to the City of Exira was tabled until survey work is completed in the area.

The request to acquire the previously vacated 16ft wide east/west alley between Florence St and Casey's General Store adjacent to Lots 19 and 20 in Sturgeon's Addition to the City of Exira was tabled until survey work is completed in the area.

A motion made by Wahlert, seconded by Jessen, to approve a deck building permit at 207 S Carthage St. All voted aye, motion passed.

A motion made by Jessen, seconded by Wahlert, to approve Casey's General Store Cigarette/Tobacco/Nicotine/Vapor Permit for July 2023 – June 2024. All voted aye, motion passed.

A motion made by Jessen, seconded by Wahlert, for the city clerk to submit request for proposals for a fiscal year 2023 financial audit, and select the best suited firm. All voted aye, motion passed.

A motion made by Jessen, seconded by Wahlert, to approve the RW Concrete contract amendment totaling \$1,500.00. All voted aye, motion passed.

A motion made by Schrader, seconded by Jessen, to adopt the Integrated Roadside Vegetation Management Plan for Cities Under 10,000 Population. All voted aye, motion passed.

A motion made by Schrader, seconded by Wahlert, to re-instate the ADA compliant handrail at the corner of W Washington and N Carthage Streets. All voted aye, motion passed.

A motion made by Wahlert, seconded by Schrader, to approve Resolution 23-06 City Employee Wages for the 2024 Fiscal Year. Roll Call Vote: Jessen-aye, Schrader-aye, Wahlert-aye. Resolution Passed.

Payout of vacation hours was tabled until next meeting.

A motion made by Jessen, seconded by Wahlert, to purchase a New Holland U80D tractor from Haley Equipment Inc. using \$41,000 in previously designated ARPA funds and financing the remaining \$30,500. All voted aye, motion passed.

A motion made by Wahlert, seconded by Schrader, to set a budget amendment hearing for Wednesday May 24, 2023, at 6:00 PM.

Reminder the clerk's office will be closed June 12-16.

A motion made by Schrader, seconded by Wahlert, to adjourn at 8:57 PM.

Mike Huegerich, Mayor Meg Andersen, City Clerk

Level White Press Release

Regional Water Rural Water Association has declared "Level White", the first of a system of progressive levels within its Emergency Water Conservation Plan. It announced today that the following water conservation measures are to be taken by the users of its Avoca Treatment Plant Distribution System. This includes members and customers of the Association in Shelby, Audubon, Cass, Harrison, and Northern Pottawattamie Counties. Included are the communities of Avoca, Portsmouth, Westphalia, Kirkman, Tenant, Exira, Persia, and Brayton. Municipal, residential, agricultural, commercial, and industrial users will be asked to voluntarily reduce nonessential water use to include: A. Watering of lawns and gardens from 8:00 PM to 8:00 AM only. Cut grass no less than 3" tall. Taller grass assists with the retention of soil moisture.

B. Encourage the use of existing private wells where possible. If bacteriological quality of the well is suspect, samples should be taken and analyzed at a State Certified Laboratory before use. Regional Water personnel will assist in the collection and submission of said water samples at no cost to the user, save for the actual laboratory charge(s) for testing to promote private well use. C. Prohibit the use of publicly owned continuously running fountains and simi-

lar devices.

D. Prohibit the draining and filling of swimming pools, children's wading pools, or similar articles.

E. Large volume water users, including industries, motels, hotels, eating establishments, and livestock confinements should conduct a water usage audit of their facility and reduce water use accordingly.

F. Eating establishments are requested to discontinue serving water with meals unless the customer requests it. The following is a suggested customer notice:

"We are cooperating with Regional Water to conserve water during this period of voluntary use reduction. Each eight-ounce glass of water served requires another sixteen ounces of water to ice, wash, and rinse, for a total consumption of twenty-four ounces.

Thousands of gallons of water can be saved daily by not serving a glass of water with each meal unless the customer specifically asks for it.

Thank you for your understanding and support of our efforts to assist Regional Water in preventing any further conservation measures from becoming necessary."

G. Schools should attempt to modify their physical education curriculum and inter-scholastic competition schedules to minimize the use of showers in schools.

H. Water users should examine their plumbing for leaks, check toilets to ensure they are not running continuously, and install water saving devices to toilets, faucets, and showers. Facilities with automatic flush valves should adjust the valves to double the time between flushes.

I. Water users should reduce their shower time, use a lower level of water while bathing in a tub, shut off the water while bathing, shaving, brushing their teeth, or preparing food, and only do full loads of laundry and dishes.

J. Water users should stop washing cars and using water to clean driveways, sidewalks, etc.

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Community News

May 25, 2023

Come help us celebrate our 65th wedding anniversary, June 4, 2023, at the Lions Building in Exira from 2-4 P.M. No gifts please.

Glenn and Connie Esbeck

Two high school sweethearts getting married at 18 and 20 years old. Glenn said he "chose" me when he was 11 and I was 9! Only knew him from riding the school bus to swimming lessons in Atlantic. He came from country school to Exira in his 8th grade year and I was in 6th grade. That is when I really noticed him. Kids! But it has lasted.



Learn how Windy Hill Compost can help you turn your food waste into the beautiful soil amendment in the last photo

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Facebook & Instagram @ Windy Hill Compost LLC Phone: Craig Keiser 402-676-0689 Email: windyhillcompostLLC@gmail.com

Receive a one time \$25 bill credit when you go paperless and sign up for ACH.

*Offer valid thru May 31, 2023. Payments must be setup thru checking or savings account. One credit per household. Must continue bill & payment option for a minimum of 12 months to avoid bill credit charge back.

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State Farm County Mutual Insurance Company of Texas, State Farm Lloyds, Richardson, TX State Farm Florida Insurance Company, Winter Haven, FL

Shared Thoughts

GOOD NEWS

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May 25, 2023

YES, THERE IS GOOD NEWS!

"Those who worship God must worship Him in spirit and truth." Our previous article began the discussion of how we might fulfill these words of Jesus Christ. We saw how anyone might come be-

fore the throne of God with a heartfelt desire to worship Him. But we also saw how that individual who obviously desires to seek God and to know Him more and to come into His presence should follow Peter's admonition to eventually "repent and be baptized".

It is this process, Peter tells us in Acts 2:38, that initiates the imbuing of the Spirit of God upon an individual. In his instructions concerning the Holy Spirit, Paul writes this: "Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit itself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God." (Rom. 8:26-27)

The Spirit of God truly grants to us an ability that we could not have had before. In his letter to the church in Ephesus, Paul tells us this, "And pray in the Spirit on all occasions with all kinds of prayers and requests." (Eph. 6:18)

Jesus tells us in the above quote that the time has now come for true worshipers to worship the Father not only in the Spirit, but also in truth. And I do not believe that someone who would desire to worship God would do it by lying to Him. So what does Jesus mean by telling us to worship God "in truth"?

Perhaps you have noticed that I try to have the bible itself answer any questions concerning the scriptures. We must have the bible interpret itself or we stand on shaky ground. And that leads me to an answer regarding the above question. In His famous prayer of John 17, Jesus, in considering His disciples, asked the Father this, "Sanctify them by the truth; your word is truth." Jesus has defined what truth is – it is the word of God, the scriptures.

We must understand something at this point (and it is of great importance); the only "words of God" that existed at this point in time, were the written words of what we call the Old Testament. So what does the Old testament have to say about worshiping God?

One of the first instances of the use of the word 'worship' is found in the book of Exodus 34:14, "Do not worship any other god, for the LORD, whose name is Jealous, is a jealous God." The God of the bible demands exclusive devotion to who He is. The Holiness of the God of the bible requires that we understand how high above man this God that we worship truly is!!

Our God is not jealous as we humans think of jealousy. He is nowhere found to be envious. His attribute is more in tune with our idea of zealousness. God is zealous for His holiness and He is zealous for His justice. God is zealous for His name, "I will have mercy on the whole house of Israel, and I will be zealous for my holy name." This is fun and exciting, isn't it?

Bill Rollins 5-18-23

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

IT'S ONLY SCIENCE

Have you ever considered all the factors the highway engineers must consider when building a road? Let's examine what these factors are and why they are important to create a safe road.

Some of the terms you need to understand are as follows.

Tangent; Basically, the straight portion between curves.

Curve; This of course is where the road changes direction. It applies to both horizontal and vertical changes in direction.

Spiral or transition: This term is used for the gradual introduction of curvature and or elevation. It also applies to the gradual change in returning to tangent.

Grade: the portion of the roadway that rises or falls as in an uphill or downhill change.

Crown: this describes the fact that the center of the road is slightly higher than its outside edges. This is an important design feature as its allows rainwater to drain from the road surface instead of ponding.

Bank or curve elevation: The raising of the outside of a curved portion to assist in vehicles comfortably traversing the curved portion.

All of these items must be considered when a road is constructed in order to provide for the safe passage of vehicles. These are also critical for the construction of rail lines with some differences in the deciding factors between their use. The bank or curve elevation is a good example of this. The railroads use what is called the three- inch imbalance calculation. If you suspend a ten-foot-long plum bob from the center of the rail car and turn the car without any elevation in the curve the plum bob will move toward the outside of the curve. The formula used adds enough elevation to keep this movement to three inches from the center. We have all seen highway curves marked with a lower speed limit than the tangent. This is because the highway engineer must consider that too much elevation could cause problems for a tall load traveling at less than the design speed of the road. And they must also consider that under snow or icy conditions the vehicles will be traveling at a much slower speed than is normal. This limits the amount of elevation because a very high amount of elevation could cause the vehicle to simply slide off the bottom of the curve in these conditions. All of these factors must be considered when constructing a bicycle trail. Along with some special considerations for bicycle safety issues and ADA compliance. But that is a topic for another article.

Bob Mortenson 4-29-2023.

Everyone you meet is fighting a battle you know nothing about. Be kind always -Robin Williams

The sounds of an old house

When you see pictures of an old house, it doesn't do it justice because you cannot hear the sounds that came from it. The first sound I want to talk about is something that will happen very soon, the slamming of a screen door. There was no air conditioning, so they had to cool the house with outside air therefore they had screen doors. They had a spring on them to close them when people entered or left.

The next sound unique to an old house was creaking of floors or stairs. I have a funny story about this. I helped on Bedstemor's house and the foundation on the northwest side was bad. Carl Bonesen, a local mason, said he would put in blocks if we would make a footing for the blocks. Artis Petersen and I did not know how to do it, but we were told where it had to be. We dug it out and poured in some concrete that we had mixed and formed up a footing. When Carl came, he looked at and exclaimed "Holy cow! You could build a three-story house on that footing." He put in the blocks, and it was finished. The floor did not creek anymore. However, there were people who said that Bestamors house was very original, but the floor did not creak like their grandmother's house. Whatever. Another place where there would be a creak was on the stair steps. I remember my house that way. Something else that would make a creaking sound could be an old rocking chair. They were distinctive.

A sound very few people will remember was on the windows. There used to be counterweights to help open and close the windows. They were called sash weights and they were connected to the windows by a rope that went over a pulley. They would rattle when you opened or closed the windows.

Something very special in an old house was the sound of a clock. They were mechanical so there would be a ticking sound. My dad had a clock that could chime the number of the hour and once for the half hour. At night he would wind up the clock mechanism and the chime device.

There would be special sounds from the kitchen. Some had a small pump for water that had its own sound when you pumped it. There were also sounds of making food. I remember my mother's flower sifter. It was for the flower in making bread. Something else I remember was my mother sewing on a treadle sewing machine. They have a unique sound. The stove for cooking and a stove for heating the room had their unique sounds when wood was burning,

Another unique sound would be that of a washing machine. They had one tub with an agitator that would go back and forth with it's unique "Wrecka wrecka" sound.

Another sound you would hear came from outside. They did not have very good vacuum cleaners so they would take the rug outside and beat on it. It made a "bang bang" sound that was very distinctive. I experienced it in Ukraine in an unusual way. I was reading a book and I heard this "Bang! Bang!" and it sounds like gun fire. I ran to the window to see what was going on and I saw a man beating on a rug on a stand they had outside the apartment.

Something else you don't hear so much is the sounds of people. People would come over to visit. The men would go to the parlor and talk about important things and the women would be in the other room talking about the girl south of town getting married in February instead of waiting until June. Hmmmmm. There would also be the sounds of checker pieces a checkerboard, marbles on tin if they were playing Chinese checkers or the sounds of dice if they were playing Wahoo.

Another sound in an old house would be that of a telephone. People were on party lines so to call somebody the operator had a signal for each family. It might be two shorts, a long and a short or some other combination. When the person received a call they had to go to the wall mounted phone and lift the receiver and hold it to their ear and speak into the mouth piece. When they were finished they would "hang up" the ear piece and there would be a distinctive click.

Something else you would hear was music. Most places had a piano, pump organ, accordion or other instruments. People had sheet music or songs books and there

would be wonderful sounds. They might even roll up the rug and dance. What fun!

Sometimes the music would be very different. A deceased person would be in the house overnight and the funeral would start in the home. There would be prayers and hymns. I remember going to my grandmother's house in about 1951 and going to the church from there.

Way back when, a house was not only shelter for the people, but it was also part of the family. It played with the kids in a game called "Andy Andy over." Once upon a time, somebody was so happy to see the fancy woodwork on the sides of the building. There were beautiful flower beds, and it was a very special place to see.

The question that could be asked is if a house has a soul. That is one of ten million questions I don't have the answer to but if they did, I am sure that when the last person left them and closed the door, the house died.

Submitted by John Jensen

Blessed are he piece makers

For over fifty years the quilters of Elk Horn Lutheran Church have cheerfully volunteered to complete their mission of hope. We invite you to join us with your time and talents.

NO sewing experience necessary. Put a smile in your heart and let's share time together. For mor information call Mary Copp: (712) 764-2210

Community News

May 25, 2023

40th Anniversary Tent Dinner June 24 | 5-7 PM

food, friends, and festivities!

TICKETS \$40 | RSVP JUNE 5 call the museum at: 712.764.7001

Major sponsorship for this event is provided by the Iowa Department of Cultural Affairs & by Gordon Faber in memory of Sally, his wifey. This event is also sponsored in part by Jerry Schrader.

> museum of danish america

Words of Wisdom from Troy:

Most people don't know this... But you can do something without telling everyone on facebook about it. *Elk Horn Office* 4122 Main St. Elk Horn, Iowa 51531 Phone: (712) 764-2246 Fax: (712) 764-2247 Monday-Friday: 8:00-5:00 www.petersenagency.com



Sankt Hans Aften June 24 | 7-10 PM

bonfire & music s'mores & snobrød theater performance by EEHK students lawn games shop at the design store explore the exhibitions

FREE AND OPEN TO THE PUBLIC

Sankt Hans Aften is sponsered by Landmands Bank, Audubon, IA, Shelby County State Bank, Harlan, IA & Marne Elk Horn, Elk Horn, IA

museum of



Registration fee of \$10.00 places your name/business & sale information on the Danish Villages Map. The fee helps cover the costs of advertising and map printing.

> Mail your \$10.00 Registration Fee, payable to: Danish Villages Improvement Organization c/o Debbie McClain

4205 Sjaeland Street Elk Horn, IA 51531

Please include a sheet of paper with the following information:

Your Name Your Address Dates/Times of your sale Summary of items for sale (Please limit the information above to about 50 words)

Deadline to register is June 15th

Call/Text Debbie McClain at 712-249-7257 or email at <u>dmcclain6674@gmail.com</u> with any questions!

Exira Community News

The Exira Red Hatters

The Red Hat Ladies enjoyed a group luncheon at the Danish Vines & Wines last week. The group consisted of Exira, Elk Horn, Kimballton and Atlantic Red Hatters.



EXIRA PUBLIC LIBRARY

We're now accepting donations for our

garage sale fundraiser!

> All new, gently used items will be accepted.

Items not accepted include large appliances, large furniture, TVs & computers. No donations will be accepted after July 31st.

Garage Sale August 3rd-5th

Our next book club book is Our Darkest Night by Jennifer Robson. We have several copies at the library for check out! Our next meeting will be Wednesday May 31st at 5:30pm. We are hoping to meet at Mi Taquito Tex-Mex Restaurant! Book synopsis below!

It is the autumn of 1943, and life is becoming increasingly perilous for Italian Jews like the Mazin family. With Nazi Germany now occupying most of her beloved homeland, and the threat of imprisonment and deportation growing eve... See more <section-header><section-header>

JENNIFER ROBSON



All seeds are donated to the library for the purpose of sharing with adult patrons. Please take only one package of each seed variety. Seeds are NOT GUARANTEED to grow. We hope everyone has a green thumb! Our goal is for people to donate their extra seeds to this program and that it will grow each year as a give and take for many to enjoy.

Spartan Student of The Month

Sponsored by Elk Horn Pharmacy

May 25, 2023

High School Braxton and Ella Middle School Annabelle and ShaeAnn



Elementary-Tatum



"Thank you to everyone who celebrated Oskar's graduation with us, for remembering him with such thoughtful cards and gifts, and for embracing his family while they were here visiting! The LaCanne and Olsen families are so grateful to the E-EHK staff and students for giving Oskar such a warm welcome and great senior year! He will be staying with us until mid-June so if you haven't met him yet be sure to swing by the Elk Horn Pool. You might catch him there spending his last few weeks hanging out with the good friends he's made and soaking up the Iowa sunshine!" The LaCanne Family



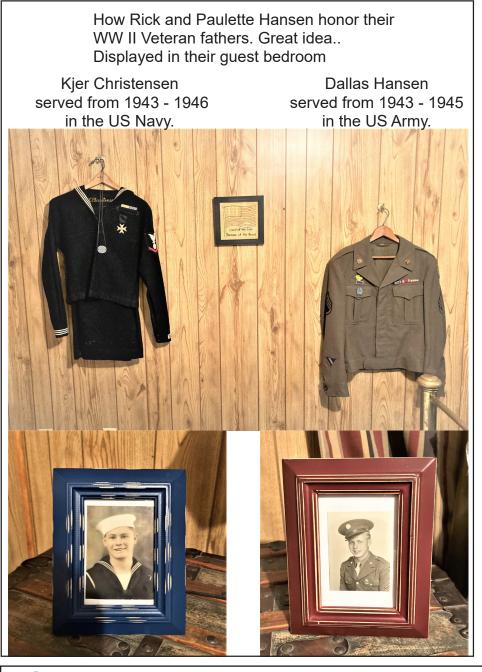
The Community

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The Niklasen's added a new member to their animal family. The Madson family had an older cow unable to stand, they fed her for two weeks, hoping they could save her calf. The calf,now named Clue, was successfully brought into the world, with her mother unable to care for him. His twin and his mother, unfortunately, did not survive. Clue is now happy in his new home with his new owner Laila taking exceptional care of him, reading him books and taking him for walks.







Our world is full of interesting things We just have to look



American Legion

under four minutes. As you can imagine Richard set a blistering pace for everyone.

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Member of the Month May 25, 2023



When you go to the home of Robert Jensen, you can be guaranteed a warm welcome. Not only will Robert and Pam be there to greet you, but there is also another "unofficial" welcomer. That would be Rusty, the Brittany dog with military bearing who meets you at the door, follows you to the dining room, lays quietly at your feet, and lets you know that you are more than welcome. He's a veteran of a different kind—he is no longer in an adoption shelter looking for a home. He has arrived at his forever home, and he shows his gratitude. In the summer of 1966, the number of draftees being called up for Army duty was high. Robert knew it was just a matter of time until he would be drafted. Preferring the Air Force to the Army, Robert didn't wait to be drafted. He enlisted and was sent to Lackland Air Force Base in San Antonio.

Before Robert had made a definite decision to join the Air Force his older brother told him to start running because basic training required lots of heavy duty runs. That turned out to be good advice. A fellow named Richard was in Robert's basic training group. Prior to enlisting he had been a very serious runner. In fact, his running buddy had been Jim Ryun. Yes! That Jim Ryun—the first high school athlete who set the record for running a mile



Upon completion of basic training, Robert's group was sent directly to the 63rd Aerial Port Squadron at Norton Air Force Base in San Bernadino, California where they were assigned "Direct Duty." Instead of doing the usual Advanced Individual Training, his group got "on the job training."

No one in his group of 21 knew what was going on—they were green behind the ears for sure. On the first day of orientation one of the first questions was "Who is married?" The single airmen discovered that meant they were assigned night duty. After the initial training on driving military vehicles once again Robert discovered he was assigned to night duty (10:30 p.m. – 8:00 a.m.)

Robert was assigned ramp duty (loading and unloading) with the air freight section. Sergeant Johns asked if there were any farm boys. Robert raised his hand. Sergeant smiled and said, "Good, you're the 40K loader operator. It's right over there. You'll figure it out!" Robert was now responsible for a machine that would haul 20 tons of cargo, had 16 tires, steered from all of those 16 tires, was 40 inches tall and would lift to 13 feet. Even a farm boy had to admit this wasn't the typical machinery used back on the farm in Iowa. The cab had a windshield wiper, heat, A/C and FM radio which allowed him to listen to disc jockey "Wolfman Jack" and his gravelly voice. And just as his sergeant had said, Robert quickly figured it out. It didn't take him long to realize that he had been assigned a "not such a bad job." He simply butted the machine up against the cargo doors. The other guys were loaders.

Who would guess that a person's handwriting would be the basis for a different assignment? Sergeant Dunlap thought Robert had very good and easy to read penmanship. He requested that Robert be transferred to Special Handling Cargo Recs & Docs. This was where the cargo regarded as high value or urgent (mail, blood, ammo, etc.) was recorded.

Sometime later Robert was asked to join a group starting an aerial delivery unit. It was loosely commanded and supervised. Their main responsibility was packing parachutes for dropping cargo by air. The group practiced with the Army at Fort Irwin and with the Marines at El Centro Marine Air Station. Several times no orders were ever cut for temporary duty status—they simply went and got away with it. Promotions and training levels go hand in hand in the Air Force. Arriving at Norton they were all 1 level. In February 1967, they were sent Temporary Duty to Sheppard AFB Texas to tech training for 3 level and were eligible to be promoted to A2C

Robert's commanding officer encouraged him to hit the books hard and work for 5 level promotion. The officer said getting promotions in the U. S. was easier than getting promotions overseas if he ended up going abroad. Robert followed his advice, studied hard and got promoted.

The 610 Military Airlift Support Squadron in Yokota, Japan (on the outskirts of Tokyo) was Robert's first overseas assignment. Before leaving, SSgt Dunlap told him he had a friend in Special Handling Cargo. The friend would be waiting for Robert's arrival. Once again, he was asked if he was married. As before, he got graveyard shift. During this time ((January 1968) the Pueblo Crisis occurred. He was sent TDY (temporary duty) to Korea for a very short period of time. Then in February 1968, during the TET Offensive he was sent TDY to Vietnam. In 1969 he was sent on temporary duty to numerous air force bases in Japan and Korea to present instruction on reporting procedures. While Robert was stationed at Yokota, he took advantage of college courses offered from the University of Maryland's Far East Division Extension program. He was able to complete each semester's work in six weeks. A second added bonus was the very economical price of \$26/semester hour, plus the cost of textbooks. It was here that he acquired a copy of a 1964 Congressional Record for Ben Jensen that he thought might come in handy. He took it with him.

Because the majority of Robert's assignments were for temporary duty he got to travel extensively. One of his temporary duty assignments was to do the "Stars & Stripes Run." Every afternoon about 2 p.m. a semi would arrive from Tokyo with the current Stars & Stripes newspaper. The papers would be transferred to a commercial B-727 plane and head out to Okinawa, Guam, the Philippines, Thailand, Taipei, and three stops in Vietnam before returning to Yokota. The trip was completed in about 26-28 hours. The newspaper drops in Vietnam occurred slightly after midnight. The soldiers in Vietnam gave Robert a little ribbing saying the paper was a day late and was therefore a "morale" thing. Interestingly, Robert had to sign a form that he would not reenlist while he was on the ground in Vietnam because the bonus would be tax exempt. He was never in the less bit tempted to go for that tax exemption.

Robert was scheduled to return to the U. S. on Sept. 9, 1969. He had been told the Air Force was honorably discharging people who had served overseas if they had less than a year of service left. An orderly told him to finish out-processing, grab a space available seat and leave. Robert did. He left shortly before noon on Sept. 5. He figured he would

Robert continued on pg 13

Robert continued from pg 12

Elk Horn Food Pantry The Importance and Challenges of Fresh Foods Juanita Erickson

Food pantries across the country are doing their best to take a step away from the 'canned goods only' picture that many of us have when we think of this type of organization. There is an increasing effort to provide our guests with meat, dairy, and fresh produce.

This is because of the understanding that not all foods are equal. Highly processed foods are easier to store and cheaper to provide than fresh foods. They also give less in the way of basic nutrition. In a household with limited food dollars to spend meat purchases can be severely restricted and fresh produce is often not purchased at all because of the cost. They are always looking for ways to make their food 'stretch'. We are hoping to not only help to fill stomachs, but to help encourage healthy choices and foods for people.

There are challenges that come with this effort. The biggest is having enough of the proper type of storage for these food types. Meat needs to be in a freezer. Milk, cheese and produce need refrigeration. The shelf life for all of these foods is also much shorter than for the cans of soup and boxes of dried pasta. Fresh fruits and vegetables especially need to get to people's homes much faster than canned items do.

So, it's a balancing act. First of all, the fresher food has to be available for a food pantry to acquire. Much is obtained through the food bank, but it has to be on their inventory to be able to get it. Some produce comes from local individuals with gardens. Last summer and fall the food pantry in Elk Horn received local donations of apples, watermelons, tomatoes, peppers, carrots, cucumbers and green beans. This spring we have already gotten some fresh asparagus. Some produce items received from the food bank are oranges, potatoes, sweet potatoes, peppers, mangoes, avocados, and onions. The most recent order adds apples, watermelons, and pineapples to that list. We have been able to order a variety of meats as well. Some examples are chicken hindquarters, ground beef, ground pork, ground turkey, ham, pork loins, pepperoni and venison.

Then, assuming that a food pantry can actually get that food they face several limiting factors on quantity. There must be adequate room to store it to maintain quality and safety. There must be enough funds or donations to acquire it. The third factor is getting it out to people in a timely fashion. Having the food does no one any good if it becomes unusable. Throwing away good food seems especially offensive when there are so many who could use it in our communities. This is a very real concern with produce.

We have several freezers and refrigerators at the food pantry to store frozen and perishable items. In an attempt to get the produce out to people as quickly as possible we distribute it somewhat differently than we do the majority of food items. A family can shop in the regular food pantry once each month. They may come weekly, however, to get bread and bakery items that are donated by HyVee as well as any fresh fruits and vegetables that we may have on hand. We try to get the word out about what we will have available so they don't miss something that their families can really use.

The Elk Horn food pantry serves families in the Exira-Elk Horn-Kimballton school district. Our goal is to make a positive difference in the lives of our neighbors.

land about 3 p.m. at Travis Air Force Base on Sept. 6. Unfortunately, he had forgotten he would be crossing the International Date Line. He landed with one year and one day left. The friend who was flying home with him had an active date of Sept. 4. He was discharged.

Robert decided to go ahead and simply continue processing out—just in case no one would notice. He had completed about three steps when the processor realized about that extra day. All out- processing was stopped, and he was labeled "a troublemaker." At least he had tried.

Continuing on with his service for another nine months, he was assigned to the 60th Aerial Port Squadron at Travis AFB but quickly was sent to Oakland Army Terminal to process Army troop movements to overseas destinations. Once again, he was asked if he was married. His single status put him on the night shift. He grew to hate the place. It reminded him of the Omaha Stockyards. Instead of fat cattle arriving daily, it was 19- and 20-year-old men preparing to be shipped overseas. One day, when getting out of his car, someone yelled at him "hey, are you from Audubon County?" Low and behold, who was shipping out to Vietnam -- an Audubon County fellow named Lanny Olson. That chance encounter led to a friendship that has continued to the present time.

Robert applied for and was granted an early out to attend college. Out-processing was going very slowly. As the delays went on hour after hour, he was told that one problem wouldn't be corrected until Tuesday, June 9. He dug out that congressional record of Ben Jensen, asked for an out line to call this number in Washington, D. C. He handed the processor the sheet of paper with Congressman Ben Jensen's name on it. The processor looked at it and said, "oh, just a minute." He took the paper and left the room. He returned shortly. Robert's paperwork for mustering out was finished within minutes. Pam laughingly said, 'You know, Robert was always a bit of a conniver!" That time it had worked! What Robert didn't mention was that Congressman Ben Jensen (from Exira, Iowa) was retired and also deceased. He had guessed correctly that no one would know. Sometimes having the same last name as a congressman is quite an advantage!

Robert was honorably discharged on June 5, 1970.

submitted by Nancy Krogstad



Reanne "Annie" Martin



AN EXTRAORDINARY NURSE IS RECOGNIZED AT Myrtue Medical Center

Nurses at Myrtue Medical Center are being honored with The DAISY Award For Extraordinary Nurses. The award is part of the DAISY Foundation's program to express gratitude to nurses that perform extraordinary care and compassion every day.

The not-for-profit DAISY Foundation was established by family members in memory of J. Patrick Barnes. Barnes died at the age of 33, in late 1999, from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little-known autoimmune disease. The care he and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families. Shortly after Patrick's death, the nonprofit DAISY Foundation was formed with DAISY standing for Diseases Attacking the Immune SYstem.

Myrtue Medical Center implemented The DAISY Award nomination in 2019 and an honoree is recognized twice per year in a special ceremony. In May 2023, during National Hospital Week, the DAISY award recipient at Myrtue Medical Center was **Reanne "Annie" Martin, RN, who is a Hospice nurse**. Annie was nominated by a mother of an infant baby girl she took care of recently. "Annie was very kind, compassionate, and knowledgeable throughout the time our daughter was on Hospice. We could not have imagined a more helpful person to help our family in such a meaningful way at such a difficult time." Since the implementation of the DAI-SY award at Myrtue Medical Center, Annie has been nominated a total of six times. The DAISY Award for Extraordinary Nurses has been adopted by healthcare facilities around the world to celebrate nurses. Nominations for the nurses may be from patients, families, and colleagues. They are chosen to receive the award by a selection committee of nurses and administrative personnel. Nomination forms and collection boxes are located in inpatient waiting areas throughout the facility or on Myrtue's website. "This award truly highlights the incredible work our nurses do every single day for patients, families, and staff. We are proud to be among the healthcare organizations participating in the DAISY Award program," stated Karen Buman, Chief Nursing Officer.







I asked my Grandpa, "After 65 years, you still call Grandma Darling, Beautiful and Honey. I think that is wonderful. What's the secret?" He said, "I forgot her name 5 years ago and I'm scared to ask her."

Windmill News





The Elk Horn Public Library invites LEGO builders to enter our 2023 Tivoli Fest LEGO contest. The Tivoli theme this year is "Skol to Tivoli <u>Fest</u>"

*Entries can be made using LEGO bricks at the library or brought from home in 2 categoriesfreestyle or kit. *A person can have 1 entry in each class. *Teams of no more than 2 can enter. *The contest is open to all ages *Prizeswill be awarded to winners in a variety of areas.

Entries may be brought into the library from Wed, May 17th until Thurs, May 25th. They will be on display at the <u>Library</u> from 12-3 on Sat, May 27th during Tivoli Fest, where the Library will also be hosting other children's programming, including many giant outdoor games!

Moral lesson:

A mother was preparing pancakes for her sons, Kevin,5 and Ryan 3.

The boys began to argue over who would get the first batch. Their mother saw an opportunity for a moral lesson:

"If Jesus were sitting here, He would say, "Let my brother have the first pancakes, I can wait".

Kevin turned to his younger brother and said, "Ryan, you be Jesus".



Duane Christofferson

1361 Little Field Dr, Elk Horn (712)249-1582

News From The Mill

We are getting closer to having the mill fully restored. Mike Howard got the windmill in touch with Bryen of IG Construction to get our upper gearbox taken down and serviced. This gearbox sits about 60' off the ground and requires a taller lift to reach it, an easy enough job for the 75' lift Bryen drives. Upon further inspection, it appeared that the gear-



box needed oil, and might start working once we can get it filled. Bryen tightened a number of bolts and replaced the bolt that fell out of the shutter mechanism. We plan to finish the work this week. We want to thank Mike and Bryen both for their generosity and proactive attitude towards the windmill and the help we need to maintain it.

We have had some work done inside as well. Jacksonville Hardware has finished installing the plumbing for the employee breakroom and the new toilets in the restrooms. These long-awaited projects will go a long way towards conserving water while also providing our staff with the best means to serve our group tours. We want to thank the Shelby County Community Foundation again for their support of these projects and hope to continue chipping away at other necessary improvements very soon.

A crew from Iowa PBS was also in town next week gathering footage for an upcoming series on the scenic byways expected to debut next year. The crew interviewed Shaun and filmed a tour of our entire complex including new footage of the Vikinghjem and Morning Star Tiny Chapel for the first time. They will return for some additional footage of the windmill once we have it running.

Tivoli is just around the corner and we're ready to go. Our Vikings are coming up and the Danish dancers will be on the stage once again. Staff has been hard at work getting the gift shop filled with merchandise, and we've picked up a number of new items including some hygge-themed party games and the outdoor Viking game known as Kubb. During Tivoli this year, we will be giving out free windmill ballcaps to the first 100 visitors on Saturday and there will be opportunities to get your picture taken with the windmill as well. We are very excited for a big event this year. Pick up Tivoli flyers at the windmill or around town, and we have Tivoli shirts down here, too.

> Shaun Sayres Manager, Danish Windmill



In Loving Memory

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May 25, 2023



Mary Helen Klopp Sept 9, 1933 - May 15, 2023

Le Mars, Iowa – Mary Helen Klopp, 89, of Le Mars, Iowa, passed away on Monday, May 15, 2023, at Prairie Ridge Care Center in Orange City, Iowa. A Celebration of Life Service was on May 18, 2023, at Grace Lutheran Church in Le Mars, Iowa. Rev. Timothy Geitz officiated. The Mauer – Johnson Funeral Home in Le Mars assisted Mary's family with arrange-

ments. Expressions of sympathy may be directed through mauerjohnsonfh. com

Mary Helen Klopp was born September 9, 1933, in Elk Horn, Iowa, to James Christian and Meta Marie (Mayme) Jacobsen. She was baptized and confirmed at Elk Horn Lutheran Church. Mary attended Dana College in Blair, Nebraska and received her BA degree from Westmar College in Le Mars, Iowa. Mary taught elementary school in Anita, Exira, Storm Lake, and Merrill, all in Iowa.

On June 5, 1960, Mary was married to Roger McMonies Klopp at the Elk Horn Lutheran Church. The couple made their home in Le Mars and had two daughters, Laurie and Karen. Mary was active in St. John's Lutheran Church and Grace Lutheran Church. She taught Sunday School and VBS, taught the Bethel Bible Series, and was a member of a women's circle.

Survivors include her husband, Roger of Le Mars, IA; daughters, Laurie (Galen) Kleinwolterink of Orange City, IA and Karen (Jon) Edwards of Grinnell, IA; three grandchildren, Marie Taylor, Dane Edwards, and Barrett Edwards; sisters, Janet Hoegh, and Sonja Switzer, and many nieces and nephews.

Mary was preceded in death by her parents; brother, Warren Jacobsen; and a sister, Isabel Hoegh.

Memorials may be directed to Ingham Okoboji Lutheran Bible Camps, 1203 Inwan St, Milford, IA 51351.



David L. Jave July 20, 1952 - Dec 16, 2022

David L. Jave passed away unexpectedly on December 16, 2022 near his home in Tulsa, Oklahoma. He was was born July 20, 1952 in Atlantic, Iowa to parents John and Norma Jave who farmed in the Marne and Elk Horn communities. Dave graduated from the Elk Horn-Kimballton Community High School where he enjoyed wrestling and football. After high school he went to Worthington



State University where he was on the varsity wrestling and football teams. In October of 1972 Dave was drafted into the United States Army serving as a Combat Area Surveillance Radar Technician at White Sands Missile Range, New Mexico. After completing his service he continued his studies at Iowa Western Community College, transferring to Northwest Missouri State University, where he received a bachelor of science degree in horticulture. Dave started his career at the Bellevue, NE Earl May Garden Center. He would later move to Tulsa, working at Kingdom Landscape and Stringer Nurseries where he met his future wife. For more than two decades until his retirement, he was the head gardener at the Cascia Hall Preparatory School in Tulsa, where he took great pride in shaping the beauty of the campus. Kelly Melton and Dave were married May of 1983. Together they had one son, Colin, who also lives Tulsa. Kelly passed away December of 2000. Dave was a passionate outdoorsman. He enjoyed hunting, fishing, backpacking, and in the recent years, bicycling. He enjoyed cycling with family and friends during the annual bike ride across Iowa (RAGBRAI). Dave will be remembered as a solid, honorable man who was always good to keep in contact with his friends and family, near and far. He was a faithful Christian throughout his life and was a member of the King of Kings Lutheran Church. He was preceded in death by his parents and wife Kelly. He is survived by his son Colin of Tulsa, siblings John of Columbia, SD, Larry of League City, TX, Barb of Elk Horn, Iowa, Uncle/Aunt Ron and Dorothy Rasmussen of Richland, WA.

A graveside service with military honors by the Elk Horn American Legion Post #322 will be held 10:00 am Friday May 26, 2023 at the Elk Horn Lutheran Cemetery in Elk Horn. A luncheon in the church basement will follow the service.

Whatsahapinin at The Elk Horn Library

May 25, 2023

The Bowling Program this year has been very successful with an average of 15 kids participating and developing their bowling and communication skills. Thank-you to all of our sponsors for their support. The bus was a big hit, it was rented from Express Charter in Harlan. Our bus driver joined us for a picture of our group on their final trip.





<u> Tivoli Fest - Memorial Weekend</u>

Don't miss the Tivoli fun at the library on Saturday, May 27

Children's Activities at the Elk Horn Public Library after the 11:00 parade until 3pm include:

LEGO Building Contest on display, GIANT indoor/outdoor games, Cat Tales, Face Painting by Cathy Meyers AND DON'T MISS THE FIREWORKS AT DARK !



The **Wines and Spines Book Club** will be meeting June 1st at the Danish Countryside Winery at 7:00 to discuss "Finlay Donovan is Killing It" by Elle Cosimano. The mystery is about a single mom who is also a struggling novelist who is mistaken as a contract killer. We still have some copies available to check-out if you would like to join us! It is entertaining and a quick read!



WINES & SPINES BOOK CLUB

Page 19 Rolling Hills Community News Whatsahapinin at The Elk Horn Library

The Breakfast Book Club met on May 5th to discuss 'The Inheritance Games', by Jennifer Lynn Barnes. We had 14 young adults attend with some discussion and donuts from Rise Donuts in Harlan.



Join us Wednesday, May 31st for our Summer Kick-off! Our theme this year is 'Find Your Voice' with opportunities for our youth and adults to find their voices! We will provide a light supper for a freewill donation. You will be able to pick-up your summer reading logs and bingo sheets. Pick your first books to start your summer reading fun! We look forward to seeing you!

KICK-OFF NIGHT



LaJissa went to the Kids in the Village Day Care for May story time.

The weather was perfect for reading the story outside. Then we were able to go on a dandelion hunt around town to fill up their vases!



Community Events



Museum of Danish America Youth Camps



Hands-on learning experiences in a fun and educational setting! Camp hours are 9am – 3pm with lunch provided. Pre-registration is required. \$5 discount on camps for museum members. Contact Alissa LaCanne at 712-764-7010 or alissa.lacanne@danishmuseum.org

LEGO Camp – June 1

Grade 5 and up – Cost \$25

A day filled with Danish LEGO building including several STEM activities, LEGO Mindstorm robotics, and a LEGO-themed lunch.

Theater Camp – June 19 – 24

Grade 7 and up - Free

A week-long theater camp ending with a production of Hans Christian Andersen's "The Ugly Duckling." Open to anyone 7th grade and up. Practices held Monday through Friday with a production performed on Saturday night at 7pm on museum grounds during the museum's 40th anniversary celebration.

Dane for a Day Camp – July 7

Grade 2 and up – Cost \$25 Attendees will be immersed in Danish culture for a day as they cook, bake, make crafts, tour exhibitions, and learn Danish traditions.

Summer on the Prairie Camp – July 31

Grade 2 and up – Cost \$25

A day spent exploring the outdoors learning about everything that the Jens Jensen Prairie Landscape Park has to offer.

Camps sponsored by the Iowa West Foundation and the Shelby County Community Foundation



Celebrating Danish roots and American dreams! 2212 Washington Street, Elk Horn, Iowa 51531 Contact us: 712.764.7001, <u>www.danishmuseum.org.</u> or follow us on Facebook









