

View from the Attic
Fremont County Historical Society

Christmas Dinner 1900-2011

One of my past times is reading through old cookbooks to compare how we eat today compared to yesterday. A favorite cookbook of mine is the White House Cookbook printed in 1904, written by the White House cook, with the first printing in the 1880s.

I am always interested in what meals are called. Back in those early days, on Sundays and holidays, the meals were breakfast, dinner and supper. The rest of the year it was breakfast, lunch and dinner. Growing up in Fremont County, it was breakfast, dinner and supper all the time. We understood that dinner on Sundays, holidays and birthdays was going to be special. Today we eat breakfast, lunch and dinner or supper.

The holiday menu listed in the White House Cookbook is as follows:

- Oysters on the half shell
- Game Soup, Boiled White Fish in Sauce
- Roast Goose & Apple Souse
- Boiled Potatoes, Mashed Turnips, Creamed Parsnips, Stewed Onions
- Boiled Rice, Lobster Salad, Canvass Back Duck
- Christmas Plum Pudding with Sauce
- Vanilla Ice Cream, Mince Pie, Orange Jelly Delicate Cake
- Salted Almonds, Confectionary Fruits
- Coffee

Each item in the menu had the accompanying recipe in the cookbook. An interesting one is Canvass Back Duck, described as follows: "The epicurean taste declares that this special kind of bird requires no spice or flavors as the meat partakes of the flavor of the food

that the bird feeds upon, being mostly wild celery."

Some of the foods listed above would make it to our holiday menu in the 1930s. What I remember is how hard it was to get them ready for eating. When I was about 11 years old, Dad bought a live turkey at the local sale barn on Saturday before Christmas and we had to help Mom get it ready to eat. Once it was killed, we pulled off the feathers including the pin feathers. What a job to get it ready to cook! Plus the length of time it took to cook in a wood stove seemed endless as we worked to keep the heat high enough for baking. As far as I was concerned, I preferred Grandma's fattened old hen to turkey. To this day, I would rather have baked chicken than turkey.

We had baked goose for Thanksgiving. Mom saved the feathers to make pillows. Grandma saved the goose grease to make a rub to help with colds and dry skin. Very little of the bird was wasted. All the vegetables--carrots, turnips, potatoes and onions--came from our cellar, where apples were stored wrapped in newspapers to keep them fresh. There were not as many items as at the White House, but the food was all good, just as life was.

Today our holiday menu includes:
Roast Turkey, Baked Ham
Stuffing with oysters and one without oysters
Mashed Potatoes, Gravy, Sweet Potatoes
Green bean casserole, apple salad. Chinese cole slaw, three kinds of cranberry salads
Stuffed celery with pineapple cream cheese, pickles and olives
Hot rolls
Pumpkin, cherry and pecan pies, vanilla cake
Time has changed the vegetables and meats that we eat, but the biggest change is in how we prepare the meal. No more plucking the turkey, just a trip to the store and we are ready to cook. What has not changed is the good time.

By Emily Bengtson
Fremont County Historical Society

Senior Center Meals Menu

There's room for everybody! Make your reservation a day in advance by calling 374-3053. Menu subject to change.

DEC. 7, THURS.: Baked chicken breast, savory apricot sauce, whipped potatoes, Harvard beets, wheat bread and fruit cocktail.

DEC. 8, FRI.: Pork with supreme sauce, mashed red potatoes, Brussels sprouts, wheat bread and applesauce.

DEC. 11, MON.: Chicken and dumplings, baked sweet potato, sea-

soned green beans, multi-grain bread and chocolate chip cookie.

DEC. 12, TUES.: Breaded Pollock, dirty rice, Lima beans, multigrain bread and fresh banana.

DEC. 13, WED.: Spaghetti casserole, Italian vegetable blend, mixed green salad, Italian dressing, multigrain bread and hot apples.

DEC. 14, THURS.: Ham and white beans, broccoli, cornbread and peach cobbler.

DEC. 15, FRI., Birthdays Celebrated: Roast beef, brown gravy, mashed red potatoes, green peas, wheat roll and birthday cake.

Volunteers needed at Welcome Center

Volunteers are needed to staff the Iowa Welcome Center near the junction of Interstate 29 and U.S. Highway 2 in Fremont County. Those interested may call JoAnn Birkby at 712-374-2798.

email us at
news@argusherald.com

Shenandoah Medical Center holds open house for new, expanded surgical wing

By TESS NELSON
Editor

An open house celebration and community tours of the new surgery center at the Shenandoah Medical Center took place Wednesday, Nov. 29.

The surgery center is the final phase of a large SMC expansion and renovation at

SMC that also included a new, two-story medical clinic, renovation and expansion of the existing hospital, a new single entry point and registration/waiting area, an expanded emergency department and the relocation of the respiratory therapy area and lab improvements.

"We've really been on this path for about three and a half years. To really have this day finally get here, and open this new surgical center, it's just a great sense of accomplishment for the team and everybody who has worked so diligently on this project," commented SMC CEO Matt Sells.

The new surgery center is an 18,000 square foot facility, two brand new operating rooms, one minor procedure room, endoscopy suite, two-bay post operative recovery rooms and six pre-and post-op rooms that will provide all surgical care to be provided within the facility.

In 2010, Sells said 900 procedures were done at SMC with the facility on pace to do more than 2,000 in 2017.

"Basically we have doubled the amount of vol-

ume that we are performing surgically here at the hospital and that really led to the need for additional space to adequately perform those procedures," said Sells.

On top of offering a first-class, state-of-the-art facility, Sells said the care provided by SMC professionals is second to none.

"The thing that you get in a community hospital like ours is you get people that care. Part of providing care in a small town is something that I think feels different from driving to the city," said Sells. "From our standpoint, we have all the equipment, the facilities, the surgical talent from our operating surgeons that you would find in the city and that is really what I think really separates us from a lot of different places."

Dr. Rebecca Rose, SMC general surgeon said she is thrilled to now have the space needed to provide the highest level of

care available. Rose said she came from a big city, trained in a big city but loves the feel of being in a small, community hospital.

"Here, they get to know us. They know who we are. What is great about this place is that we are marrying the benefits of a big city into a small community by having the facility we have," said Rose. "You wouldn't find any better facility if I were in Omaha or in Buffalo, New York."

Lastly, Joni Royer, SMC surgery supervisor commented that the new area will additionally offer patients much-needed privacy, something that was lacking before.

"They can come in here and have the confidence that not only is it a state of the art facility but that there is privacy," said Royer. "We used to have to travel down public halls. Sometimes it's okay to see people in the hall, but most people when they are hav-

ing surgery, don't care to share that. Now we are back here in our own area. Everybody will have his or her own private room, and it will not be accessible to the public. That's important for patient confidence

and patient safety."

As a way to continue to increase the services provided, Sells went on to say that they plan on updating the labor and delivery area of the hospital and renovate the parts of the hospi-

tal that have not yet been touched. This endeavor is to begin in 2018 and is completed within the next three to five years.

The surgical area is expected to become fully operational Dec. 11.

FREMONT COUNTY BOARD PROCEEDINGS

The Fremont County Board of Supervisors met in regular session on Tuesday, November 21, 2017, in the Fremont County Courthouse Boardroom, with Hendrickson, Hickey, and Graham present. A quorum was declared and the meeting officially called to order at 9:00 a.m. Minutes of the previous board session were read and approved. The agenda was approved as posted.

Let the records show that Sandy Parmenter with the Valley News Today was present for this meeting.

Eddie Stueve with Vision Care Direct met with the board to discuss vision plans for the county employees. These plans are at the employee's expense. There is no cost to the county. There are several different levels of coverage and options as to who is covered under these plans. The board made it clear that the employees would still only be allowed to use their current eyecare benefit funds for themselves. Motion made by Hickey to offer Vision Care Direct to the county employees beginning in July 2018. Motion carried unanimously.


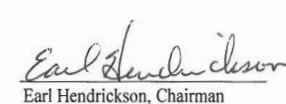
Wendy Stenzel, Assistant Auditor, met with the board regarding a homestead reinstatement on parcel 480480115000000. The homestead was taken off and after he received his notice the homeowner came to the assessor with proof that they do reside there. Motion made by Hickey to allow the reinstatement. Motion carried unanimously.

Robbie Kromminga, Assistant Engineer, met with the board for the signing of a payment voucher. Motion made by Hickey to sign payment voucher with HGM Associates for engineering services on Project STP-S-CO36(75)- -5E-36 (J-24). Motion carried unanimously.

Kathie Hansel with Electronic Engineering stopped in to visit with the board to discuss radios. The board would like more information on the emergency management levy possibilities. They discussed upgrading existing radios. They discussed possibly holding off until budget time. This matter will be discussed further at next week's meeting.

Claims were approved for November 24th, 2017.

At 9:49 a.m., there being no further business, Graham made a motion to adjourn. Motion carried unanimously.

ATTEST:

Fremont County Auditor

Earl Hendrickson, Chairman

Claims November 24, 2017

General Basic Fund		Schildberg Constr Co Inc	18,877.43
Veterans Affairs Commission		Steel, Iron & Related Metals	
Patrick Gilson	50.00	Advanced Drainage Systems	4,920.00
Calvin Roulson	36.00	Traffic & Street Sign Material	
Food & Provisions		Menards	18.97
Reinhart Food Service LLC	503.41	Custodial Supplies	
Tabor Grocery	193.79	Menards	47.94
Custodial Supplies		Hardware (non motor vehicle)	
Valeri Albertsen	240.00	Allied Oil & Tire Company	105.25
Supplyworks	757.94	Henneman Auto Parts	2.19
Lubricants		Menards	33.84
Peterson Auto	23.45	Nebraska-Iowa Ind. Fasteners	10.97
Tires & Tubes		Red Oak Welding Supplies, Inc.	88.80
Peterson Auto	453.95	Parts (non motor vehicle)	
US AutoForce	330.12	CINTAS LOC 749	41.36
Stationery & Forms		Fuels	
MTE Office Center	9.80	Sapp Brothers Truck Stops Inc	301.04
Solutions Inc	79.24	Safety Items	
Medical & Laboratory Supplies		Menards	39.94
Zee Medical Service Co.	175.70	Tires & Tubes	
Rent Payments		Sapp Brothers Truck Stops Inc	96.00
Nishnabotany Lodge 153 c/o Rob	540.00	Minor Mv Parts & Access	
Postage & Mailing		Delavan Auto Parts	3.90
Des Moines Stamp Mfg. Co.	56.00	Freightliner Truck Center Co	246.34
Mailroom Finance, Inc. D/B/A T	63.55	Siouxland Trailer	26.20
Employee Mileage & Subsistence		Star Equipment Ltd	81.03
Iowa Law Enforcement Academy S	540.00	Ted's Mower Sales & Svc.	70.18
Wendy Stenzel	321.37	Truck Equipment Inc	394.46
Telephone & Telegraph Services		Medical & Laboratory Supplies	
Pioneer Telephone	61.73	Zee Medical Service Co.	52.85
Windstream Iowa Communication	437.17	Telephone & Telegraph Services	
Educational & Training Service		US Cellular	482.62
ISAC	195.00	Medical & Health Services	
Legal & Court-Related Services		County Employee	47.72
Deana D. Crouch Fourth Judicia	90.50	Walman Optical Company	74.00
Allison Wise	278.50	Electric Power	
Medical & Health Services		Bluff's Electric	5,357.70
Crawford-Marshall Funeral Chap	326.32	MidAmerican Energy Co.	104.79
Natural Gas, LP Gas, Fuel Oil		Motor Vehicle Equipment	
Black Hills Energy	580.71	Ted's Mower Sales & Svc.	79.50
Electric Power		Roads	
MidAmerican Energy Co.	847.81	City of Farragut	1,095.70
Motor Vehicle Equipment		City of Randolph	412.74
Jones Automotive	103.95	City of Riverton	314.79
Buildings		City of Thurman	915.19
All American Landscape LLC	426.00	Traffic Control Structures	
IA Division of Labor Services	40.00	Quality Striping, Inc	227.23
Zee Medical Service Co.	121.45	Shop Equipment	
Fixed Plant Equipment		Henneman Auto Parts	108.97
Houser's Air Conditioning & He	736.52	Menards	49.97
Shull Hardware	923.00	Debt Service LEC Building Proj	
Plumbing Equipment		Notification Fee	
Cleanwash Laundry Systems	170.00	Bankers Trust Company Corporat	250.00
Miscellaneous Repair & Maint		General Oblig Bond Redemption	
Benefiel Truck Repair & Towing	298.00	Bankers Trust Company Corporat	68,112.50
Buildings - Rental		Jnt Disaster Serv.Fund	
General Basic Fund	60.07	Telephone & Telegraph Services	
Custodial		Verizon	40.01
Henneman Auto Parts	104.88	Windstream Iowa Communication	323.04
Extermination Services		Co. Assessor Agency Fund	
Jeff Vrba Gray Pest Control	165.00	Board of Review	
Dues & Memberships		Gil Gee	353.52
National Sheriff's Assoc.	60.00	Brent Lorimor	355.93
Data Processing		Randi Shirley	300.00
Access Systems Leasing	445.94	Legal & Court-Related Services	
Konica Minolta Business Soluti	39.50	Watson & Ryan, P.C.	1,756.40
Other		Landfill GO Bond	
Omaha Door & Window Co. Inc	1,094.60	Sanitation & Disposal Services	
Secondary Road Fund		Bankers Trust Company Corporat	3,372.50
Cover Aggregate & Sand			
Gavilon Grain LLC	7,084.92	Grand Total	128,659.40

Legal

NOTICE
Notice is hereby given that Arbor Bank, Nebraska City, Nebraska, has made application to the Federal Deposit Insurance Corporation for consent to merge with First Express Services Group, Inc., Sidney, Iowa. First Express Services Group, Inc., a wholly owned subsidiary of Arbor Bank, was dissolved effective October 27, 2017, by act of the Directors and sole Shareholder. The Federal Deposit Insurance Corporation deems the dissolution to have been a merger and has required the application to be filed.
This Notice is published pursuant to Section 303.6(f)(1) of the Rules and Regulations of the Federal Deposit Insurance Corporation.
Any person wishing to comment on this application may file his or her comments in writing with the Regional Director of the Federal Deposit Insurance Corporation at its Regional Office, Suite 2100, 1100 Walnut Street, Kansas City, Missouri 64106 not later than January 8, 2018. The nonconfidential portions of the application are on file at the Corporation's Regional Office and are available for public inspection during regular business hours. Photocopies of the information in the nonconfidential portions of the application file will be made available upon request.

Arbor Bank
Nebraska City, Nebraska

Published December 7 & 21, 2017, and January 4, 2018.

Merry Christmas & Happy New Year from everyone at

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Legal

IOWA DISTRICT COURT FOR FREMONT COUNTY
IN THE MATTER OF THE ESTATE OF DONALD BENEDICT,
Deceased.

PROBATE NO. ESPR011576
NOTICE OF APPOINTMENT OF ADMINISTRATOR, AND NOTICE TO CREDITORS

To all Persons interested in the Estate of Donald Benedict, Deceased, who died on or about the 17th day of September, 2017:

You are hereby notified that on the 12th day of October, 2017, the undersigned was appointed Administrator of the estate.

Notice is hereby given that all persons indebted to the estate are requested to make immediate payment to the undersigned, and creditors having claims against the estate shall file them with the clerk of the above named district court, as provided by law, duly authenticated, for allowance, and unless so filed by the later to occur of four months from the second publication of this notice or one month from the date of mailing of this notice (unless otherwise allowed or paid) a claim is thereafter forever barred.

Dated: this 30th day of October, 2017.
Robert Benedict
Administrator of Estate
321 N. 20th St.
Fort Dodge, IA 50501

Jon H. Johnson
Attorney for Administrator
Johnson Law, P.L.C.
811 Indiana Street
Sidney, IA 51652
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