



STAR

Resident Newsletter :: Winter 2010

A publication of the South Dakota Housing Development Authority
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Resident Spotlight... Emma Armstrong

Sixty-eight years ago World War II and the Army brought Emma and John Armstrong to South Dakota. Emma has called Sioux Falls home since that time and has had other family members from Georgia join her in loving South Dakota as their home.

Emma (Harris) Armstrong was born in Georgia in 1916. She grew up in a family of six boys and six girls. In her 93 years Emma has seen, and lived, through many changes in the United States which helped develop her into a strong, independent woman.

In addition to the Army base in Sioux Falls, Emma resided at bases in Mississippi, Kansas and Iowa. These moves developed Emma's love for traveling and being able to see different parts of the United States. One of Emma's favorite activities in Sioux Falls was playing tennis at the McKennan Park courts with other Army wives. She enjoyed the game, was a very good player and wishes she could still play.

Emma is the proud mother of two boys, Ernest and Robert. Both still live in Sioux Falls. Emma kept busy throughout the years with her work, with raising her family and with her church. She feels blessed to have had good health throughout the years.

Emma is a very gracious and humble hostess to visitors at her apartment at Beadle Plaza in Sioux Falls. A look at the photos on her walls gives a glimpse of her wonderful life. She is happy to share memories of the many people she has met and the family she loves. She is proud of her five grandchildren, many nieces and nephews, the times

she worked on the political campaigns of Senators George McGovern and Tim Johnson and the photo of her with Dr. Martin Luther King Jr., when he came to visit Sioux Falls.

Emma continues to lead an active and independent life. She keeps busy with family and church activities and is out in the community most days. She tries to make an annual trip back to Georgia to visit her sisters and other relatives. This fall she was disappointed she couldn't get playoff tickets for the Twins baseball game in Minneapolis.

Thank you Emma for sharing your story. Continued best wishes on a life well lived!



Enjoying the beautiful day and colorful flowers, Emma stopped for a picture outside Beadle Plaza this summer.

Best Wishes Mary Beth and Linda

The new year brought changes for Mary Beth Jacobson, STAR Coordinator. After 25 years of working for the state, I retired on December 31, 2009.

I started working for the Department of Health in 1984 the WIC (Women, Infants and Children) Food Program. I also did recruiting, training and administration of the Family Day Care Food Program in a multi-county area of eastern South Dakota. These programs provide food for young children and moms, along with nutrition education to help assist with good health and growth.

In 1997 I moved to the Housing Development Authority as a Service Coordinator for eastern South Dakota. This was quite a change in the age groups that I worked with, but the overall purpose remained very similar in promoting health, safety, independence and quality of life. My coverage area continued to be eastern South Dakota and included up to 15 buildings. That turned into many miles traveled. The opportunity to meet and assist residents, managers and owners of the housing units was, of course, the best part of the position.

I am grateful for the many residents I have met at the apartment complexes. I have known many of you for the entire 12½ years and will remember and miss you greatly. I regret that my decision came about so quickly and that I could not deliver this message in person. I know there may be a delay in getting a new Service Coordinator hired and trained, but I trust you will welcome whomever comes to assist you with service and program referrals.

Again, I will miss you. Take care and enjoy each day! **Mary Beth Jacobson**



New Year's Greetings to All of You!

It is with much regret to have to say good bye to all of my wonderful residents and friends in the central part of the state.

As many of you are aware, I have resigned my position with the Star Program. I have been with the Housing Development Authority STAR Program since July 1999. It has been a great 10½ years of service to all of you.

I will be working for Rural Health Inc. in Pierre, starting in late January. I will be the communications specialist/development officer for six rural health care clinics in central South Dakota. I will still be doing some traveling, just shorter trips.

I will truly miss the stories of your lives and happenings of your day to day events within your own families and within the communities you each live. I have come to know several of you very personally and I will truly miss you.

I am confident that whomever my replacement will be, that you will take her or him in as you did myself and let them help you however they can. I know our services are of great value to all of you. Please continue to take advantage of them.



Thanks for the memories. You will not be forgotten. I want each of you to know that you will be greatly missed! I hope to see you around as you never know where or when I may show up in your area.

Linda Taylor
Star Coordinator/Central Area

When Life gives you Snow ~ Make Snow Candy!

1 cup real maple syrup

¼ cup salted butter

Fresh snow

Gather fresh, clean snow. A pie pan works great. Heat the syrup and butter in a medium saucepan over medium-high heat, stirring to avoid a boilover. The mixture is ready 6 to 7 minutes after it boils (220 to 234 degrees on a candy thermometer). It should stiffen when dripped onto a plate. Remove from heat and cool for 2 minutes before pouring mixture over the snow.



Be an Informed Tenant

The following information is from the “Landlord – Tenant Rights & Responsibilities” pamphlet from Dakota Plains Legal Services. This pamphlet restates the South Dakota Landlord/Tenant Law and is not meant as legal advice.



Tenant’s rights in regards to entering the unit:

Generally, the landlord may lawfully enter the rental unit without giving notice to the tenant in event of an emergency. The landlord has the right to make an inspection of the rental unit at a reasonable time, but only after reasonable notice is given to the tenant. “Reasonable notice” is generally considered to be 24 hours in advance of entry into the rental unit.

Tenant’s rights in regards to repairs:

A landlord must keep the rental unit in reasonable repair and fit for humans to live in (except for damage caused by the tenant’s fault). This reasonable repair includes keeping all electrical, plumbing and heating systems in good and safe working order. This duty cannot be ended or changed by the landlord or tenant.

Tenant’s responsibilities:

In addition to the tenant’s duty to pay rent, he/she is required to keep the rental unit in good condition. The tenant is also required to repair all damages to the rental unit caused by the tenant, her/his family members or invited guests. A tenant is not responsible for ordinary “wear and tear” to the rental unit.

Please visit with your management company for specific house rules on reporting and requesting repairs.

Stay Healthy this Winter

When the temperatures start to drop it is time to winterize not only your home and vehicle, but also your health. Below are some suggestions to help you get through our cold weather months without even a sniffle:

Ban the Bug: Get your flu shot. This alone can offer up to 90% protection from the seasonal flu.

Strengthen your Defenses: Keep your immune system strong by eating good foods and exercising. Drink lots of clear fluids. Reduce your caffeine and sugar intake.

Sooth the Stress: Relax. Widen your social circle and join building or community activities. Less stress keeps your immune system stronger.

Get Adequate Sleep: Sleep balances out your hormones and gives your body time for healing.

Don’t Smoke: It’s never too late to try and quit.

Nurture Yourself: Enjoy the simple things and keep your life full of fun!

Sources: Top Health December 2008 and Metlife October 2009 newsletters

March Towards Good Nutrition

National Nutrition Month® is celebrated every year during March. The theme for 2010 is “Nutrition From the Ground Up.”

The American Dietetic Association originated this event initially as a National Nutrition Week in March of 1973. The focus on good nutrition became a month-long event in 1980.

The focus of National Nutrition Month® is to give attention to the importance of making informed food choices and to assist people in developing good eating habits. Physical activity is also promoted.

Watch for the promotion of “Nutrition From the Ground Up” during March and use the information to enhance your own daily diet.





The Evans, located in Hot Springs, beautifully decorates its lobby for the holiday. The Evans hosts the annual *Christmas in the Hills* Christmas tree lighting event.

Activities during *Christmas in the Hills* include a visit from Santa and Mrs. Claus and Christmas music provided by the Sandstone Singers and Chantuers.



Agnes, Louise, Genieve and Joyce gather around the Christmas tree at Lamro Apartments in Winner.



Beverly and Roy stand by some of the decorations at Presho Courts.



Gold Mountain residents enjoyed a holiday potluck, present exchange and games.



Just finished with their exercise session, these Columbus Heights ladies posed by their tree. Columbus Heights Apartments are in Milbank.



Senechal residents were proud of their pansy. It was still blooming in December!



Ike and his Harem at Senechal Apartments in Philip posed for a photo at their holiday party.



5th Avenue Apartment residents in Aberdeen are ready to rock around the Christmas tree.



Meadowlark Plaza Pokeno Players shared pizza to celebrate the holiday season.



Marcella and Dorothy show off the Christmas tree at Beadle Plaza Apartments in Sioux Falls.



Canyon Ridge door decoration.



Grand Valley residents celebrate the December birthday. For the holidays, they played games and enjoyed some Christmas cookies.



The manager and residents of the Towne Square Apartments in Armour gathered for a photo after a December meeting.



Residents at the Sherman Apartments in Aberdeen were in costume on Halloween.



Birding Anagram Fun

* An Anagram is the result of rearranging the letters of a word or phrase to produce other words, using all the original letters exactly once. The anagrams below are all names of birds. If you need to peek, the answers are below. Good Luck!

LONE EGG DEAL

LAST BOARS

ANY CAR

NO CALF

MAIN GOLF

RAPTOR

GREAT DRIP

A PENCIL

ANT HEAPS

ONE PIG

OWL LAWS

IS TORCH

WAR PROS

BAGEL DEAL

KEEP A RAT

golden eagle, albatross, canary, falcon, flamingo, parrot, partridge, pelican, pheasant, pigeon, swallow, ostrich, sparrow, bald eagle, parakeet

Upcoming Events

JANUARY

- Book Blitz Month
- National Soup Month
- National Hugging Day January 21
- National Pie Day January 23
- Healthy Weight Week
January 17 - 23
- Sundance Film Festival
January 21 - 31



FEBRUARY

- National Bird Feeding Month
- National Wear Red Day
February 5
- Super Bowl XLIV February 7
- National Donor Day February 14
- Jell-O Week February 7 - 13
- Westminster Dog Show
February 15 - 16



MARCH

- American Red Cross Month
- National Procrastination Week
March 1 - 7
- National Sleep Awareness Week®
March 7 - 13
- Daylight Saving Time
Begins March 14
- Napping Day March 15



Happy Birthday Capitol!

On a hill overlooking the Missouri River, South Dakota's Capitol gleams in the sun. The beautiful neoclassical building dominates Pierre's landscape. The Capitol is a signature building, a physical symbol of the state.

The South Dakota State Capitol building was constructed between 1905 and 1910. The more than 114,000 square foot structure was constructed of a variety of materials including native field stone, Indiana limestone and Vermont and Italian marble. The structure is 161 feet tall, 190 feet wide and 292 feet long, and features hundreds of hand-crafted materials, including carved woodwork and marble, special cast brass and hand laid stone. The Capitol building was designed and built for just under \$1 million by Minneapolis architects C.E. Bell and M.S. Detwiler. The current estimated value of the Capitol Building is nearly \$58 million. Government agencies moved into the Capitol Building in the summer of 1910.



Photo by Larry Beck

The Capitol Annex was constructed and added onto the State Capitol in 1932, in an answer to a government need for more office space. The Annex is located immediately north of the original building.

The Legislature and the Governor, in the late 1970s, formed the Capitol Restoration and Beautification Commission in order to establish a long-term plan to restore the Capitol Building to its original grandeur. In 1976, the Commission and Governor Richard Kneip directed the restoration of the Supreme Court Room and the Governor's Reception room on the second floor of the Capitol. In 1980, the Commission and Governor Bill Janklow directed a complete restoration of the remainder of the building, a project that would last almost ten years and be completed for the Centennial Celebration of the State of South Dakota in 1989.

The Cultural Heritage Center has created a special exhibit in honor of the 100th anniversary of the Capitol. *The People's House: Celebrating the Century* exhibit will be up through 2010. Museum hours are 9 a.m. to 6:30 p.m. Monday through Saturday and 1 to 4:30 p.m. Sundays and holidays. There is a small admission fee for ages 18-and-older. Children and State Historical Society members are always free.

Sources: Cultural Heritage Center and Self Guided Tour Script of South Dakota State Capitol Building

Prescription Drug Disposal Program Introduced in Pennington County

Attorney General Marty Jackley, Rapid City Chief of Police Steve Allender and Pennington County Sheriff Don Holloway recently introduced the Prescription Drug Disposal Program. This program allows citizens to drop off excess or unneeded prescription drugs for proper disposal. This program will eliminate the chance of unused or expired prescription drugs getting in the hands of people not authorized to take them. This program also allows for the most environmentally safe way to dispose of medications.

Prescription drug abuse has dramatically increased over the past three years and programs like these have proven to be successful in combating this crime.

Individuals can take their unused and unwanted prescription and non-prescription drugs to the Rapid City Police Department/Pennington County Sheriff's Office Evidence Section at 129 St. Joseph Street, Rapid City. The drop-off hours are Monday through Friday between 7:00 a.m. and 4:00 p.m.

For additional information about this program, please contact the Prescription Drug Disposal Program at 605-394-6033.

All Star Recipes

Oatmeal Fudge - submitted by Cora S., River Ridge Apartments

2 cups white sugar ½ cup butter
½ cup milk 2 tsp. vanilla
2 ½ cups uncooked oatmeal ½ cup peanut butter

Combine sugar, milk, butter and mix thoroughly. Bring to boil for ½ minute or so. Remove from heat and add in oatmeal and peanut butter. Pour into 8x8 buttered pan. Let set and cut into bars.

Hearty Texas Soup - submitted by Alice W., Missouri View Apartments

2 pounds ground beef 1 medium onion
1-14 oz. can ranch style beans 1-14 oz. can whole kernel corn
1-14 oz. can pinto, black, kidney or your favorite kind of bean
2 large cans diced tomatoes 1 can Rotel tomatoes w/green chilies
1 pkg. dry ranch dressing mix 1 pkg. dry taco mix

Brown the ground beef with chopped onion and drain the fat. Dump all the remaining ingredients in the pot with the ground beef and onion. Don't drain the liquid off any of the canned goods. Add enough water to cover the top. If you like thick soup, add less water. Cook for several hours on stove or in crock pot. Serve with a dollop of sour cream, grated cheese and corn chips.

Chicken & Dumpling Soup - submitted by Mary Beth Jacobson

Broth:

1 whole chicken, cut up 4 bay leaves
6 cups water 6 chicken bouillon cubes

Combine in Dutch oven and simmer for one hour. Remove chicken and cool; pour broth through a strainer and return to simmer in pot. Bone chicken when cool; set aside.

Dumplings:

1 cup flour 4 eggs
3 tablespoons water dash of salt and pepper

Mix all ingredients, use a spoon and drop by half-inch balls into simmering broth. Add boned chicken pieces and:

3 carrots, sliced 3 celery stalks, sliced
1 large onion, chopped 1 can whole kernel corn

Simmer for one hour more. Enjoy!

Please submit items for the Spring 2010 Newsletter to your Service Coordinator by March 1st.

LEE ALTER

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The Evans, Hot Springs

Gold Mountain, Lead

Grand Valley, Newell

Green Valley, Newell

Lookout Mountain View, Spearfish

Maplewood, Rapid City

Meadowlark Plaza, Belle Fourche

Rangeland, Buffalo

VACANT

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PHONE: 800-540-4241

Beadle Plaza, Sioux Falls

Canterbury, Sioux Falls

Canyon Ridge, Yankton

Collins, Sioux Falls

Columbus Heights, Milbank

Four Winds, Flandreau

Heritage Estates, Brookings

Olive Grove, Sioux Falls

Prairie View I & II, Madison

Tower, Watertown

Towne Square, Armour

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Bicentennial, Aberdeen

5th Avenue, Aberdeen

Gateway I & II, Kadoka

Homestead Heights, Bison

Lamro, Winner

Missouri View, Pierre

Old West, Ft. Pierre

Presho Courts, Presho

River Ridge, Mobridge

Senechal, Philip

Sherman, Aberdeen

STAR Resident Newsletter is

provided by the South Dakota

Housing Development Authority

for your interest and enjoyment

If you need any assistance with

services, referrals or have special

questions, please contact your Service

Coordinator. Suggestions for future

articles or news items can be directed

to Lee, Linda or Tracy.

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