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Chapters

turning the pages through grief

Honoring Mom Through Food

Grief Recipes

Courtesy of whatsyourgrief.com By Julia Walsh



Food is important in our family. We connect across generations and show our love for each other by making favorite recipes at holidays or special occasions, or just whenever the family gets together.

My mother, Lorraine, was celebrated as our family's best cook. She was always happiest when she was in the kitchen making food for all of us. Her grandchildren would watch in amazement, because she made everything look so easy, and she would throw together the ingredients without needing to check a recipe or stopping to think about it.

She learned to cook from her mother, Mary, and she patiently taught me her favorite recipes when I was a child. She even made a family cookbook with all of her favorite recipes, which is now a cherished keepsake.

My mother's most famous recipe was what we call "The

Almighty Rolls" because they were so good that eating them was an almost religious experience. The family would circle the kitchen when she was baking these rolls—to make sure that, when they came out of the oven, we were right there and ready to grab one hot. Of course, she would always make a double recipe so there was plenty for everyone to steal before dinner.

My mother died suddenly last November right before Thanksgiving and she left a hole in our family that we can never fill. As we approach the anniversary of her death, she is in our thoughts every day.

We honor her amazing life by doing the things she loved to do and sharing stories with each other. This year, and every year, we will be making her "Almighty Rolls" for Thanksgiving and Christmas, and every special occasion we have in our family.

I might shed a few tears when I am



**"I like farm to table,
but I love table to farm."**

continued...



**Mothers are like glue. Even when you can't see them,
they're still holding the family together.**

— Susan Gale

...continued from front

making her rolls, but I will also feel closer to her, and so proud of who she was—a wonderful, nurturing, loving presence in our lives.

MOM’S “ALMIGHTY” ROLLS

INGREDIENTS

- 3 pkgs active dry yeast
- 2 1/4 cups milk
- 3 tsp salt
- 3/4 cup butter (1 1/2 sticks)
- 3/4 cup warm water
- 3/4 cup sugar
- 3 eggs
- 10 cups flour (more of less as needed)

DIRECTIONS

Dump the following in a large bowl: 3 pkgs yeast, 6 cups flour, 3 tsps salt, 3/4 cup sugar

Combine 2 ¼ cups milk, ¾ cup water, 1 ½ sticks butter in a medium-sized microwave bowl. The butter does not have to be melted. Microwave about 3 minutes (depending on the power of your microwave) and stir. Use a candy thermometer to test the temperature – it should be between 110-115 degrees.

Pour the bowl of liquids into the dry ingredients and beat with a mixer (use a bread dough attachment if you have one) for 1 minute. Add 3 eggs and beat for 1 minute. Mix in enough remaining flour so the dough comes together and is easy to handle.

Turn the dough onto a lightly floured board. Knead until smooth and elastic (about 5 minutes).

Place dough in a large greased bowl and turn over until the greased side is up. Cover with a slightly damp cloth and let rise in a warm place for about 1 ½ to 2 hours.

Punch down the dough and let rise for another 30 minutes

Punch down and divide into thirds. Roll into 12-inch circles. Spread with melted butter. Cut each circle into 16 pie-shaped pieces. Roll up, beginning with the outer rounded edge. Place on pan, point down.

Let rise on the pan for 20-30 minutes before baking. Bake at 350 degrees until lightly browned (about 12 minutes, depending on your oven).



Laughter is the best medicine after all

After the death of a loved one, you may feel as if you’ll never laugh again. But even short respites where a laugh sneaks up on you may impart several health benefits. When we laugh, we inhale more air and oxygen, stimulating the heart, lungs, muscles, and brain. A good laugh also stimulates the body’s stress response and then deactivates it, causing heart rates to rise and fall, leaving us with satisfied, relaxed feelings. Laughter not only improves mood, but it encourages the positive thoughts that release neuropeptides, chemicals that fight stress and boost our immune systems. Laughter also stimulates chemicals that act as natural painkillers for our bodies.

With laughter providing so many health benefits, communities are starting to form various laughter clubs in an effort to laugh more regularly. One such practice is “laughter yoga” which draws upon many of yoga’s foundational principles, such as its deep diaphragmatic breathing. Laughing produces full inhales and exhales. While the laughter is simulated at first, the giggles soon become contagious and real. And we shouldn’t overlook the human connections forged by sharing laughter. After a laughing yoga session, participants report feeling their spirits lifted and a greater sense of community.

But fake laughter? Research shows that even fake laughs and forced smiling are enough to boost our moods. While our brains know that we’re faking it, our bodies do not. Once the brain sends the signal to the body to laugh, all of the associated physiological actions follow: the relaxation, the mood boost, and the increased energy. Perhaps this is the lesson of the old Chinese proverb: “A hearty laugh makes you ten years younger.” Even if you’re faking it.

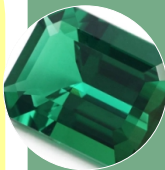


Sometimes the best advice is a break from advice. Enjoy your favorite beverage and these tidbits of this & that.

- Lily-of-the-valley, May’s birth flower,



with its small, dainty, bell-shaped white flowers, is a perennial groundcover that spreads aggressively given the right conditions. These flowers represent sweetness and purity.



- May birth stone is the emerald. A symbol of rebirth, it is

believed to grant the owner foresight, good fortune, and youth. Emerald, derived from the word “smaragdus,” means, quite literally, “green” in Greek.

- Mother’s Day is celebrated the second Sunday of May.

- On May 20, 1932 Amelia Earhart flew



across the Atlantic Ocean, marking the first solo flight by a woman.

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