



\$2

The Groton Independent

Vol. 143 No. 51 ♦ Groton, SD ♦ Wednesday, Sept. 02, 2026 ♦ Established in 1889



Homecoming Royalty

Front row left to right: McKenna Tietz, Ashlynn Warrington, Taryn Traphagen, Emerlee Jones, and Avery Crank

Back row left to right: Gavin Kroll, Blake Lord, Brody Lord, Dylan McGannon and Zander Harry

Coronation will be at 7:30 on September 14, 2026, in the Groton Gymnasium. (Courtesy photo Brenda Madsen)



New See Saw

The new see saw has been installed at the Groton City Park. The new one is pictured above. The old one that was there is pictured on the left. The Groton Chamber of Commerce helped raise funds for the new see saw. (Photos by Paul Kosel)

South Dakota Department of Revenue Reports \$1.4 million in Tax Collections from 2026 Sturgis Motorcycle Rally

PIERRE, S.D.— The South Dakota Department of Revenue estimates tax collections from the 2026 Sturgis Motorcycle Rally at \$1,404,408, an 11% decrease from last year's total of \$1,581,736. The lower collections reflect a slowdown in overall rally traffic, which contributed to reduced vendor activity and lower taxable sales. The total includes state sales tax, state tourism tax, municipal sales tax, and municipal gross receipts tax.

State sales tax remained the largest share of collections at \$796,998, down from \$901,513 in 2025. The 2026 rally also generated \$275,598 in state tourism tax and \$331,812 in municipal taxes. The decline in traffic was mirrored by a drop in vendor participation, with 822 temporary vendors operating during the rally, 30% fewer than in 2025.

In the Northern Black Hills, including Sturgis and surrounding communities in Meade and Lawrence counties, 661 vendors generated \$930,740 in tax revenue, representing a 20% decrease from last year. In contrast, the Southern Black Hills, Rapid City, Custer, Hill City, and Keystone saw 161 vendors generate \$473,668 in tax collections, a 15% increase from 2025.

Sunday church services canceled due to bat issue

Sunday worship services at Emmanuel Lutheran Church have been canceled after a bat issue was discovered inside the church building.

Church officials are asking that no one enter the church, particularly the sanctuary, until the problem has been taken care of. Pest control has been contacted, but service is not expected until late next week.

While there will be no in-person service Sunday, Paul Kosel will record his message and it will be posted on the church's Facebook page. Members are encouraged to help spread the word to others in the congregation who may not receive email notices.

Church leaders said the decision was made as a precaution for the safety of the congregation. Updates will be shared as work progresses and when it is safe to return to the church.

Tigers turn in busy week of fall sports action

Groton Area athletes had a busy week of fall competition, with cross country runners competing at Milbank, the soccer teams playing on the road and at home, football hosting Beresford and the volleyball team following a challenging weekend in Huron with a sweep of Ipswich.

Shellenberger leads Groton Area at Breathe Easy Meet

MILBANK — Riley Shellenberger posted a top-five finish to lead the Groton Area cross country team at the Milbank “Breathe Easy” Meet held at Whetstone Creek Golf Course.

Shellenberger finished fifth in the varsity boys 4,000-meter race with a time of 14 minutes, 48.25 seconds. Groton Area’s Grayden “Grady” Zeck placed 20th in 16:55.55.

Sisseton’s Ryder Graff won the varsity boys race in 13:20.99, followed by Milbank’s Jeter Scoular in 13:44.07 and Sisseton’s Brett Hansen in 14:07.09.

Taylor Fliehs paced Groton Area in the JV girls 3,000-meter race, finishing fifth overall in 13:31.09. She was less than a second behind Milbank’s Lennox Spors, who placed fourth in 13:30.17.

Sisseton’s McKenna Graff won the JV girls race in 12:26.73.

Groton Area had three runners compete in the JV boys 3,000-meter race.

Tate Johnson led the Tigers with a ninth-place finish in 12:49.48. Calvin Locken was close behind, placing 11th in 12:59.59, while Titan Johnson finished 28th in 19:00.70.

Sisseton’s Hudson Bragg won the JV boys race in 11:28.99.

Groton Area girls top Garretson, boys fall on road

GARRETSON — The Groton Area girls soccer team used a fast start and balanced offensive attack to pick up a 4-2 victory over Garretson.

The Tigers scored twice in the opening seven minutes and built a 3-1 halftime advantage on their way to evening their season record at 3-3.

Brenna Imrie opened the scoring in the third minute after McKenna Tietz created an opportunity down the left side. Tietz cut the ball back and fired a shot on goal that was initially saved, but Imrie knocked home the rebound for a 1-0 lead.

Groton struck again four minutes later when the Tigers earned a corner kick. Avery Crank delivered the ball across the face of the goal and Addison Steffes finished the play for a 2-0 advantage.

Garretson scored in the 12th minute, but Tietz restored Groton’s two-goal advantage in the 18th minute when she connected on a free kick from approximately 25 yards.

“Girls started fast scoring two in the opening seven minutes of play,” Groton Area coach Matt Baumgartner said. “McKenna Tietz created an abundance of opportunities down the left flank.”

Groton added its final goal in the 49th minute when Imrie set up Sydney Locke for a score, extending the lead to 4-1.

Garretson scored its second goal eight minutes later on a free kick to make the final 4-2.

Tori Schuster finished with six saves in goal.

“It was an all-around great performance from the girls, minimizing our errors and capitalizing on theirs,” Baumgartner said. “Six games into the season and we sit at 3-3. Some well-earned time off and a full week to prepare for West Central next Saturday sets well with us all.”

The Groton Area boys were also on the road, falling to the Freeman/Marion/Parker/Viborg-Hurley cooperative, 9-2.

Ryder Schwan and Ethan Kroll each scored a goal for Groton Area.

Tigers rebound with 7-2 win over Dakota Valley

GROTON — The Groton Area boys soccer team bounced back in a big way Saturday, pulling away from Dakota Valley for a 7-2 victory that improved the Tigers to 4-1-1.

Dakota Valley struck first when Charles Bomgaars scored with 31:48 remaining in the first half.

Groton did not trail for long.

Ethan Kroll scored the first of his three goals at the 28:31 mark to tie the match. Less than a minute later, Trey Tietz scored to put Groton in front, 2-1.

Easton Weber then put a shot toward the net that was stopped, but Ryder Schwan knocked home the rebound for a 3-1 advantage.

Kroll scored again on a corner play with 10:09 remaining in the half.

Dakota Valley’s Bryan Cardona converted a penalty kick with 4:18 remaining, but Weber answered with 2:48 left to send Groton into halftime with a 5-2 lead.

Kroll completed his hat trick with 27 minutes remaining in the second half.

Weber finished the scoring with 20:09 remaining, winning a battle for a loose ball around the Dakota Valley goal and putting it into the net for the 7-2 final.

Groton Area coach Ryan Olson said the Tigers responded well after their difficult outing against Freeman/Marion/Parker/Viborg-Hurley.

“Thursday we played Freeman. It was kind of our garbage game. We didn’t play as what we should have played,” Olson said. “So we had to really

get on it this game and be ready to go, and they did a good job.”

Olson said the Tigers are beginning to come together on both ends of the field.

“We got a really great defense. We got a new keeper this year, so our defense is pretty strong, and our offense is strong,” Olson said. “We’re just coming along pretty nicely. It’s nice that we’re starting to gel.”

The Tigers have just one senior and have received strong leadership from their junior class.

“Our juniors are doing a great job leading the squad,” Olson said. “They’re very strong.”

Olson said the growth of the program has been rewarding after Groton struggled only a few years ago to have enough players to field a team.

“I’ve coached them in rec league and in seventh grade,” Olson said. “The freshmen now on down, I kind of coached them, and then with the juniors, as soon as I got on board I started coaching them too. They’re great athletes. It’s coming together. It’s been a lot of fun.”

The game was broadcast live on GDILIVE.COM. Sponsors were Agtegra, Avantara-Groton, Bierman Farm Service, BK Custom Ts, Blocker Construction, Dacotah Bank, Farmers Union Insurance, Groton Chamber, Groton Ford, Heartland Energy, Jacobson Electric, John Sieh Agency, Jungle Lanes & Cafe, Locke Electric, Malpert Insurance, Poet, Rix Farms / R&M Farms, S & S Lumber, Spanier Harvesting and The Meat House of Andover.

Watchdogs pull away to hand Tigers first loss

GROTON — Groton Area went into halftime with a one-point lead Friday night, but Beresford took control in the second half as the Watchdogs handed the Tigers their first loss of the season, 28-7.

Neither offense found much momentum during the opening quarter before Beresford’s defense produced the first big play of the night.

On third-and-15, Landry Sims intercepted a Groton pass and returned it 29 yards for a touchdown with 6:53 remaining in the second quarter. The extra-point attempt failed, leaving Beresford with a 6-0 lead.



Ryder Schelle gains a few yards before being brought down by four Beresford players. (Photo by Paul Kosel)

Groton responded with its best drive of the game.

Starting at its own 27, the Tigers picked up three first downs before Anthony Tracy broke loose for a 32-yard touchdown run with 1:48 remaining in the half. Freshman Ryder Schwan kicked the extra point to give Groton a 7-6 halftime advantage.

Groton statistician Tom Woods said he was proud of the response from a young Tiger team experiencing its first deficit of the season.

“I’m so proud of them that they came down and followed the coaches’ instructions,” Woods said. “What I really love is that the coaches are always talking with each other and working on things that potentially work. They found kind of a little bit of a seam.”

Beresford began finding running room in the second half.

Quarterback Ashton Oberle scored on a 1-yard run in the third quarter and added the two-point conversion to put Beresford ahead, 14-7.

The Watchdogs stretched the lead early in the fourth when Oberle connected with Micah James for a 10-yard touchdown pass.

Sims capped the scoring with a 24-yard touchdown run with 3:03 remaining, and Oberle connected with Evan Rosheim for the two-point conversion.

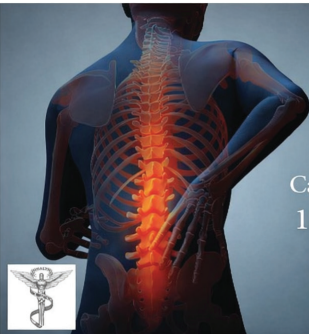
Beresford finished with 255 yards of offense, including 186 rushing.

Groton Area had 165 yards of offense. Tracy rushed six times for 53 yards and the Tigers’ touchdown. Asher Johnson rushed 16 times for 38 yards and completed 13 of 20 passes for 60 yards.

Braeden Fliehs led the Groton defense with 11 tackles. Gunner Hardy and Schwan each had seven tackles, while Johnson and Layne Johnson recorded six apiece.

Groton coach Jordan Carson said the Tigers’ youth and injuries became factors in the second half.

“They kind of started running the ball pretty good on us, and we had a couple offensive headaches,” Carson said. “You can tell that we’re a little young sometimes, so we’re growing still. We’re



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growing and we're getting better, and we just got to get back to the lab and get some more reps next week."

Carson said Groton needs to eliminate the mistakes that proved costly.

"We just got to try to cut down on our mistakes," Carson said. "I thought we had a pretty good job last week of minimizing our mistakes, and our mistakes kind of overcame us tonight."

The loss dropped Groton Area to 1-1 while Beresford improved to 2-0.

Woods noted the game was the 851st varsity football game in Groton program history and just the third meeting between Groton and Beresford.

Football Game sponsors on GDILIVE.COM are: Agtegra, Avantara-Groton, Bierman Farm Service, BK Custom Ts, Blocker Construction, Dacotah Bank, Farmers Union Insurance, Groton Chamber, Groton Ford, Heartland Energy, Jacobson Electric, John Sieh Agency, Jungle Lanes & Cafe, Ken's Food Fair, Locke Electric, Malpert Insurance, Poet, Rix Farms / R&M Farms, S & S Lumber, and The Meat House of Andover.

Groton goes 1-3 against strong field at Huron

HURON — The Groton Area volleyball team faced a strong field of competition Saturday in Huron, finishing 1-3 and closing the day with a three-set victory over Sturgis.

The Tigers opened against Brandon Valley and nearly forced a third set before falling, 26-24 and 25-20.

Kella Tracy led Groton with six kills, while Taryn Traphagen, Chesney Weber and Abby Fjeldheim each had four. Tevan Hanson added three kills.

Sydney Locke led the defense with 12 digs, followed by McKenna Tietz with eight.

Groton then faced host Huron and fell, 25-11 and 25-22.

Hanson led the Tigers with four kills, while Locke had 11 digs.

Groton won the opening set against Brookings, 25-22, before Brookings rallied to take the next two, 25-22 and 25-16.

Hanson had seven kills, while Traphagen and Tracy each finished with five. Locke collected 22 digs.

The Tigers closed the tournament with their first victory of the day against Sturgis.

After Sturgis won the opening set 25-22, Groton responded with victories of 25-19 and 25-16.

Tracy led the attack with seven kills. Hanson and Traphagen each had five kills and Fjeldheim finished with four.

Hanson recorded 19 digs, Locke had 17 and Tietz added 12. Makenna Krause handed out 18 assists as Groton finished with eight blocks.

The matches were broadcast live on GDILIVE.COM. Special thanks to Ryan and Carla Tracy for providing the commentary and to Savannah Bible for the technology expertise. Sponsors were Agtegra, Avantara-Groton, Bierman Farm Service, BK Custom Ts, Blocker Construction, Dacotah Bank, Farmers Union Insurance, Groton Chamber, Groton Ford, Heartland Energy, Jacobson Electric, John Sieh Agency, Jungle Lanes & Cafe, Locke Electric, Malpert Insurance, Poet, Rix Farms / R&M Farms, S & S Lumber, Spanier Harvesting and The Meat House of Andover.

Groton Area sweeps Ipswich in home volleyball matchup

GROTON — Groton Area bounced back from its challenging weekend in Huron by completing a clean sweep of Ipswich Tuesday night, winning the varsity, junior varsity and C matches.

The varsity Tigers won 25-14, 25-13 and 25-20.

The opening set was tied four times before Groton used an eight-point run to turn an 11-10 lead into a 19-10 advantage.

The second set was also tied four times before a nine-point Groton run pushed the Tigers ahead 22-12.

Ipswich dominated the beginning of the third set, taking an 8-0 lead and later holding a 16-8 advantage.

Groton responded with a six-point rally, eventually tying the set at 18 and taking a 19-18 lead before completing the comeback, 25-20.

"I was proud of the way they came back," Groton Area coach Chelsea Hanson said. "Until we could get it within two or three, we needed to play really, really clean and not make any stupid errors. Once we cut the gap to about two or three, then we went back to being super aggressive. I thought they finished the game really well."

Tevan Hanson led Groton with 13 kills, two ace serves, two assisted blocks and 12 digs.

Taryn Traphagen had seven kills, while Elizabeth Cole had four kills and four assisted blocks.

Sydney Locke served five aces and collected 18 digs. McKenna Tietz had 13 digs and Libby Althoff handed out 23 assists.

Groton played without Chesney Weber, but Chelsea Hanson said the Tigers' depth has allowed the team to adjust its lineup when necessary.

"We've known that all year," Hanson said. "We've been able to run different lineups. Between Libby Althoff and Tori Schuster, both can step in and set for us, and they do a really good job."

Hanson said the demanding opening schedule is designed to prepare Groton for the postseason.

"We set up our season knowing we would be playing a really competitive schedule," Hanson said. "We were one bad call away from taking a set off the third-best team in Class AA. Even to not win the game, it was really nice for us to go out and compete with a team as

talented as Brandon Valley."

"Last year, we were 21-5 going into the SoDak16," Hanson said. "This year, I would rather lose more games and play better competition and be .500 than beat teams we should beat every single night and then get to the game that matters and not know how to compete."

"We just want to play whoever we have to play and give ourselves the best opportunity to compete against who we face at the end."

Groton won the junior varsity match, 29-27 and 25-17.

Kinley Sandness led Groton with seven kills and three ace serves. Abby Fjeldheim had four aces, Tori Schuster served five and Brooklyn Spanier finished with three kills and three aces.

Groton completed the sweep with a 25-13, 25-10 victory in the C match.

Charli Jacobsen served seven aces and had two kills. Brynlee Dunker added three kills, two aces and a block, while Rylee Stoltenburg had three kills.

Mya Moody finished with three aces and a kill, Arianna Dinger had an ace and a kill, Maycee Moody had one kill and Sophia Fliehs served one ace.

Groton Area will travel to Sisseton Thursday.

"We've already faced so much adversity as a team, and these girls are handling it so well," Hanson said. "They don't panic. They don't get down on each other. They don't get down on themselves."

"It's early in the season. We'll be fine."

Varsity match sponsors on GDILIVE.COM are: Agtegra, Avantara-Groton, Bierman Farm Service, BK Custom Ts, Blocker Construction, Dacotah Bank, Farmers Union Insurance, Groton Chamber, Groton Ford, Heartland Energy, Jacobson Electric, John Sieh Agency, Jungle Lanes & Cafe, Locke Electric, Malpert Insurance, Poet, Rix Farms / R&M Farms, S & S Lumber, Spanier Harvesting and The Meat House of Andover. Farmers Union Insurance sponsored the C and JV matches.



The Groton Area boys golf team went to Milbank on Tuesday for a dual competition. The Groton Area boys won the event. Pictured left to right are Bentley Ehresmann, Haden Harder, Liam Johnson, Jace Johnson, Graham Rose and Jack Schuelke. (Courtesy photo)

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ADVERTISEMENT FOR BIDS
City of Columbia (Owner) is requesting Bids for the construction of the following project:
Columbia Collection System And Lagoon Improvements
Columbia, South Dakota
SEI No: 25097
Sealed bids for the construction of the Project will be received at Columbia City Hall at 122 4th Street, Columbia, SD 57433 until 2:00 pm, local time, September 15th, 2026 and then will be publicly opened and read immediately thereafter. No bids will be received after the specified hour and date, and Bids which are not prepared and filed in accordance with "Instructions to Bidders" may be rejected.
The project includes the following work:
In general, the project consists of constructing a new lagoon system northeast of City

Limits. The following trade work is anticipated: traffic control; erosion control; sanitary sewer collection; lift station and force main; and earthwork for lagoon system.
The Issuing Office for the Bidding Documents is Stockwell Engineers located at 801 North Phillips Ave, Suite 100, Sioux Falls, SD 57104, (605) 338-6668. Prospective bidders may download and examine complete electronic bidding documents at no charge at the designated website, www.stockwellengineers.com.
Prospective Bidders are urged to register with the designated website as a plan holder, even if Bidding Documents are obtained from a plan room or source other than the designated website in either electronic or paper format. The designated website will be updated periodically with addenda, lists of registered plan holders, reports, and other information relevant to submitting a Bid for the Project. All official notifications, addenda, and other Bidding Documents will be offered only through the designated website. Neither Owner nor Engineer will be responsible for Bidding Documents, includ-

ing addenda, if any, obtained from sources other than the designated website.
Per SDCL 5-18B-1, the Issuing Office will, upon request, furnish one copy of the Bidding Documents, without charge, to each contractor resident in South Dakota who intends, in good faith, to bid upon the project.
This project is funded through the State of South Dakota's SRF program and requires the following conditions.
1. Davis Bacon and Related Acts wages apply to this project. All provisions relative to those acts must be met.
2. The successful bidder – including any contractors and their subcontractors on the project, must be registered in SAM (System for Award Management)
3. Bidders on this work will be required to comply with the Equal Employment Opportunity regulations in 41 CFR Part 60 – 1.4(b) and all Civil Rights laws to include 1) Age Discrimination Act of 1975, 2) Section 13 of the FWPCA Amendments of 1972, 3) Section 504 of the Rehabilitation Act of 1973, and 4) Title VI of the Civil Rights Act of 1964.
4. Bidders on this work will be required to comply with Title 40 CFR 33 and Executive Order 12138. The requirements for bidders and contractors under this regulation which concerns utilization of Disadvantaged/Minority Business Enterprises (DBE/MBE) and Women's Business Enterprises (WBE) are explained in the specifications. The DBE/MBE and WBE goals for participation in this contract in terms of percentage of contract value are as follows:
MBE – 1.5%
WBE – 2.4%
5. The low responsive bidder will be required to certify to compliance with the American Iron and Steel provision of the Consolidated Appropriations Act of 2014. This certification form may be found on page AIS-22 of the State Revolving Fund (SRF) General Conditions and must be included in the bid proposal. Please be advised that waivers or exemptions from the American Iron and Steel provision that cite International Trade Agreements DO NOT comply with the Consolidated Appropriations Act of 2014 as it applies to the SRF programs. Claims from suppliers that the American Iron and Steel provision does not apply to certain products based on the International Trade Agreement

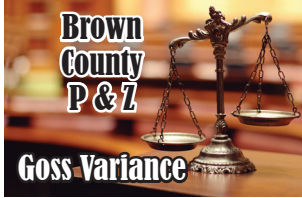
exemptions of the Consolidated Appropriations Act of 2014 will not be accepted.
6. The low responsive bidder must assure compliance with the requirements of Public Law 115-232, Section 889, Prohibition on Certain Telecommunications and Video Surveillance Services or Equipment. Contractors must assure that telecommunications equipment produced by Huawei Technologies Company or ZTE Corporation (or any subsidiary or affiliate of such entities), and video surveillance and telecommunications equipment produced by Hytera Communications Corporation, Hangzhou Hikvision Digital Technology Company, or Dahua Technology Company (or any subsidiary or affiliate of such entities) WILL NOT be supplied for the project.
Bids shall be submitted on the prescribed form. Bids will be rejected if they show any conditions or uncalled for alternative bids. All bids shall be on the basis of cash payment according to the terms of the bidding documents.
The submittal of a Bid will constitute an incontrovertible representation by Bidder that the Bidder has examined carefully the bidding documents, visited the site, is familiar with the local conditions under which the work is to be performed, and correlated Bidder's observations with the requirements of the bidding documents.
Each bid shall be accompanied by Bid Security as specified in the bidding documents. Successful bidder shall begin the Work on receipt of the Notice to Proceed and shall complete the Work within the Contract Time. Work is subject to liquidated damages.
Per SDCL 5-18A-14, the City of Columbia reserves the right to reject any or all bids or any parts thereof. For all further requirements regarding bid submittal, qualifications, procedures, and contract award, refer to the Instructions to Bidders that are included in the Bidding Documents.
This Advertisement is issued by:



ADVERTISEMENT
Str. No. 07-010-176 Abutment Replacement
Brown County, South Dakota
Sealed Bids will be received by the Brown County Auditor, 25 Market Street, Aberdeen, South Dakota, 57401, until 8:45 AM local time on Tuesday, the 8th day of September 2026, for the above-referenced project. Bids shall be prepared and submitted in accordance with the Bidding Documents. Brown County reserves the right to accept or reject any and/or all Bids as set forth in the Bidding Documents.
Bids will be publicly opened and read aloud at or shortly after the time named above at the Brown County Commission Meeting. Bids will be reviewed by the Brown County Commission at a subsequent meeting of the Brown County Commissioners.
The Project includes the following Work:
o Removal and reset the existing Double Tee deck units,
o Remove existing timber abutments,
o Install proposed steel abutments, and
o Additional items as set forth in the Contract Documents.
Each bid shall be accompanied by a Bid Security as described in the Bidding Documents. The Successful Bidder will be required to provide Payment and Performance Bonds as described in the Bidding Documents.
Bidding documents may be viewed and obtained at www.questcdn.com by entering QuestCDN project number 10327378. If you need assistance with the website, please contact QuestCDN Customer Support at 952-233-1632 or info@questcdn.com. Or on the Brown County website at <https://www.brown.sd.us/brown-county-bids> through Public Purchase.
A pre-bid conference will not be held.
ATTEST: Lynn Heupel, Brown County Auditor
Published August 26 and Sept. 2, 2026 at the total approximate cost of \$37.77 and may be viewed free of charge at www.sdpublicnotices.com. 27144



ADVERTISEMENT
Erickson Approach
Brown County, South Dakota
Sealed Bids will be received by the Brown County Auditor, 25 Market Street, Aberdeen, South Dakota, 57401, until 8:45 AM local time on Tuesday, the 8th day of September 2026, for the above-referenced project. Bids shall be prepared and submitted in accordance with the Bidding Documents. Brown County reserves the right to accept or reject any and/or all Bids as set forth in the Bidding Documents.
Bids will be publicly opened and read aloud at or shortly after the time named above at the Brown County Commission Meeting. Bids will be reviewed by the Brown County Commission at a subsequent meeting of the Brown County Commissioners.
The Project includes the following Work:
o Removal of the existing 2 – 84" diameter Corrugated Metal Pipe culverts,
o Installation of the 1 – 16' x 6' Precast Reinforced Concrete Box Culvert, and
o Additional items as set forth in the Contract Documents.
Each bid shall be accompanied by a Bid Security as described in the Bidding Documents. The Successful Bidder will be required to provide Payment and Performance Bonds as described in the Bidding Documents.
Bidding documents may be viewed and obtained at www.questcdn.com by entering QuestCDN project number 10334465. If you need assistance with the website, please contact QuestCDN Customer Support at 952-233-1632 or info@questcdn.com. Or on the Brown County website at <https://www.brown.sd.us/brown-county-bids> through Public Purchase.
A pre-bid conference will not be held.
ATTEST: Lynn Heupel, Brown County Auditor
Published August 26 and Sept. 2, 2026 at the total approximate cost of \$35.48 and may be viewed free of charge at www.sdpublicnotices.com. 27143



NOTICE OF HEARING
Application has been made to the Brown County Planning/Zoning Commission for a VARIANCE PETITION. A hearing will be held in the Basement Community Room, Brown County Courthouse Annex, on September 15, 2026, at 7:00 P.M.
Petitioner: Joe Gross
Legal description of property: The E1/2 of the W1/2 of the E1/2 of the NW1/4 of the NE1/4 of Section 33-T124N-R64W of the 5th P.M., Brown County, South Dakota (approx. 38467 129th Street, Lincoln Twp.)
Reason: A Variance to Approach Separation Distance for a new approach to be 160' from existing approaches rather than the 500' required in a Mini-Agriculture District (M-AG).
The public may attend the hearing and present comments and testimony regarding the proposed ordinance amendment.
Dated this 2nd day of September 2026.
Planning/Zoning Commission and
Scott Bader – P&Z Director
25 Market Street
Aberdeen, SD 57401
Office: (605) 626-7144
Published Sept. 2, 2026 in the "Groton Independent" at the total approximate cost of \$13.04 and may be viewed free of charge at www.sdpublicnotices.com. 27181

Solution time: 24 mins.

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- ACROSS**
1 Actor Sharif
5 "Humbug!"
8 JFK guesses
12 Cape —, Portugal
13 In the style of
14 Seniors' gp.
15 Manhattan, for one
17 China (Pref.)
18 "The Sopranos" restaurateur
19 Brunch fare
21 Thick chunk
24 TV spots
25 Ancient invader
28 Uber competitors
30 Mas' mates
33 Chef Garten
34 Bo of "10"
35 Pen filler
36 — chi
37 Location
38 — B'rith
39 Young fellow
41 "Absolutely!"
43 Texas city
46 Caravan stops
50 Big rackets
51 Pulled-back hairdo
54 Icelandic epic
55 Chang's brother
56 "Andor" actor Diego —

- 57 Optimistic
58 Tic-tac-toe loser
59 Mountain ht.
DOWN
1 Sea predator
2 Heath
3 Ad agcy. client
4 Debonair
5 Sheep call
6 Boxer Laila
7 Angelic light
8 Allayed
9 Severe decline

- 10 "Rule, Britannia!" composer
11 Espy
16 Aviv preceder
20 Mardi Gras wear
22 Computer brand
23 Exposes
25 "Shoo!"
26 — tear (ragging)
27 Hindmost parts
29 Boyfriend
31 Comic Gasteyer

- 32 Enjoy Aspen
34 June honorees
38 Ringo, for one
40 Analyze
42 Trigger's rider
43 Baltic feeder
44 Queen of Carthage
45 Pinnacle
47 Biblical king
48 Aachen article
49 Serb or Croat
52 Musician Yoko
53 Private aid gp.



Community Calendar
Thursday, Sept. 3

Senior Menu: Ranch chicken breast, mashed potatoes with gravy, winter blend, fruit, whole wheat bread\

School Breakfast: Cheese breakfast bake.

School Lunch: Turkey gravy, whipped potatoes.

Cross Country at Redfield, 10 a.m.

Volleyball at Sisseton: 8th at 4 p.m. and 7th at 5 p.m. at Practice Facility; C at 5 p.m., JV at 6 p.m., varsity to follow at Ben Reifel Gym.

Sixth Grade football hosts Aberdeen, 6 p.m.

Emmanuel Lutheran: Nigeria Circle, 2 p.m.

Friday, Sept. 4

Senior Menu: Baked fish, baked potato, peas, fruit, whole wheat bread.

No School

Football hosts Flandreau, 7 p.m.

Saturday, Sept. 5

JH VB tournament at Northwestern, 9 a.m.

Pickleball at Elementary Gym, 9:30 a.m.

Soccer at West Central (Girls at noon, boys at 2 p.m.)

Sunday, Sept. 6

Cancelled: Emmanuel Lutheran: Worship 9 a.m.

St. John’s Lutheran: Worship with communion at St. John’s, 9 a.m. and at Zion, 11 a.m.

Third Grade Basketball practice in the GHS Gym, 4 p.m.

United Methodist: Worship at Conde, 8:15 a.m.; at Groton, 9:30 a.m.; at Britton, 11:15 a.m.; Coffee Hour, 10:30 a.m.

Catholic: SEAS Confession, 7:45-8:15 a.m.; SEAS Mass, 8:30 a.m.; Turton Confession, 10:30-10:45 a.m.; Turton Mass, 11 a.m.

First Presbyterian Church: Bible Study, 9:30 a.m.; Worship, 11 a.m.

Groton CM&A: Sunday School, 9:15 a.m.; worship, 10:30 a.m.

Monday, Sept. 7
LABOR DAY
No School

Tuesday, Sept. 8

Senior Menu: Lasagna bake, mixed vegetables, fruit, whole wheat bread.

School Breakfast: Breakfast bento bag.

School Lunch: Scalloped potatoes with ham, bun.

Golf at Milbank, 10 a.m.

Cross Country at Britton-Hecla, 4 p.m.

Boys Soccer hosts James Valley Christian, 4 p.m.

JV Football hosts Waubay/Summit, 4 p.m.

Volleyball at Webster: JH at 5 p.m., C at 5 p.m., JV at 6 p.m., Varsity to follow.

Emmanuel Lutheran: Council Meeting, 6 p.m.

St. John’s Lutheran: Ladies Aid LWML, 1:30 p.m.

United Methodist: Bible Study, 10 a.m.

Wednesday, Sept. 9

Emmanuel Lutheran: Confirmation, 4 p.m.; League, 6:30 p.m.

St. John’s Lutheran: Confirmation, 3:45 p.m.

United Methodist: Community Coffee Hour, 9:30 a.m.

Thursday, Sept. 10

Senior Menu: Baked pork chop, mashed potatoes with gravy, broccoli, fruit, whole wheat bread.

School Breakfast: Scones.

School Lunch: Chicken nachos.

Groton Invitational Golf Meet, 10 a.m.

JH Golf at Sisseton, 1 p.m.

Volleyball hosts Aberdeen Roncalli (7th/C at 5 p.m., 8th/JV at 6 p.m., Varsity to follow)

Friday, Sept. 11
PATRIOT DAY

Senior Menu: Hot pork sandwich, oven roasted potatoes, California blend, fruit.

School Breakfast: Omelet.

School Lunch: Mac and cheese, green beans.

Football at Clark, 7 p.m.

Saturday, Sept. 12

JH Volleyball at Matchbox Tournament, 9 a.m.

Soccer hosts Vermillion (Girls at 1 p.m., Boys at 2:30 p.m.)

Fall Citywide Rummage Sale

Sunday, Sept. 13

Third Grade Basketball practice in the GHS Gym, 4 p.m.

Sunflower Classic Couples Golf Tourney

Carnival of Silver Skates registration, 10 a.m. to 2 p.m., Warming House

Doggie Day at the Groton Pool, 3 p.m.

St. John’s Lutheran: Worship at St. John’s, 9 a.m. and at Zion, 11 a.m.; Sunday School, 9:45 a.m.

Emmanuel Lutheran: Rally Sunday: Worship/Communion/Milestones, 9 a.m.; Sunday School, 10:15 a.m.; Women to meet after worship.

United Methodist: Worship with communion at Conde, 8:15 a.m.; at Groton, 9:30 a.m.; at Britton, 11:15 a.m.; Coffee Hour, 10:30 a.m.

Catholic: SEAS Confession, 7:45-8:15 a.m.; SEAS Mass, 8:30 a.m.; Turton Confession, 10:30-10:45 a.m.; Turton Mass, 11 a.m.

First Presbyterian Church: Bible Study, 9:30 a.m.; Worship, 11 a.m.

Groton CM&A: Sunday School, 9:15 a.m.; worship, 10:30 a.m.

Monday, Sept. 14

Senior Menu: Salisbury steak, mashed potatoes with gravy, green beans, fruit, whole wheat bread.

Carnival of Silver Skates registration, 4 p.m. to 6 p.m., warming house

Emmanuel Lutheran: Bible Study, 6:30 a.m.

Cross Country at Webster, 2 p.m.

JH Football hosts Clark/Willow Lake, 4 p.m.

JV Football hosts Clark/Willow Lake, 6 p.m.

GT GBB Fall Skills, 6-8 p.m., Arena

School Board Meeting, 6 p.m.

Homecoming Coronation, 7:30 p.m.

Groton Senior Citizens meet at the Groton Community Center, 1 p.m.

Tuesday, Sept. 15

Senior Menu: Scalloped potatoes with ham, carrots, fruit, whole wheat bread.

United Methodist: Bible Study, 10 a.m.

Boys golf at Redfield Invitational, 10 a.m.

Girls Soccer hosts Lennox, 4 p.m.

City Council meeting, 7 p.m.

Wednesday, Sept. 16

Senior Menu: Swedish meatballs, mashed potatoes with gravy, winter blend, fruit, whole wheat bread.

Emmanuel Lutheran: Confirmation, 4 p.m.

St. John’s Lutheran: Confirmation, 3:45 p.m.

United Methodist: Community Coffee Hour, 9:30 a.m.; Groton Ad Council, 7 p.m.

Thursday, Sept. 17

Senior Menu: Tuna noodle casserole, peas, fruit, whole wheat bread.

Cross Country at Aberdeen Roncalli Invitational

Volleyball hosts Clark/Willow Lake (7th/C @ 5pm, 8th/JV @ 6pm, Varsity to follow)

3rd-6th Grade Football hosts Warner, 6 p.m.

Friday, Sept. 18
HOMECOMING DAY!

Senior Menu: Taco bake with ground beef,

Mexican rice with beans, Catalina blend, fruit, whole wheat bread.

Homecoming Parade, 1 p.m.

Football hosts Elk Point-Jefferson, 7 p.m.

Saturday, Sept. 19

HOSA Homecoming Dance

Youth Football Jamboree in Groton, 8 a.m.

Volleyball Invitational at Hamlin

Boys soccer hosts Freeman/Marion/Parker/Viborg-Hurley, Noon

Sunday, Sept. 20

Emmanuel Lutheran: Worship, 9 a.m.; Sunday School, 10:15 a.m.

St. John’s Lutheran: Worship with communion at St. John’s, 9 a.m. and at Zion, 11 a.m.; Sunday School, 9:45 a.m.

United Methodist: Rally Sunday: Worship at Conde, 8:15 a.m.; at Groton, 9:30 a.m.; at Britton, 11:15 a.m.; Coffee Hour, 10:30 a.m.; Sunday School, 9:30 a.m.

Catholic: SEAS Confession, 7:45-8:15 a.m.; SEAS Mass, 8:30 a.m.; Turton Confession, 10:30-10:45 a.m.; Turton Mass, 11 a.m.

First Presbyterian Church: Bible Study, 9:30 a.m.; Worship, 11 a.m.

Groton CM&A: Sunday School, 9:15 a.m.; worship, 10:30 a.m.

Dance Team tryouts and first practice, 2 p.m., Arena

Third Grade GBB practice, 4 p.m., GHS Gym

Monday, Sept. 21

Senior Menu: Chicken fried steak, mashed potatoes with gravy, green beans, fruit, whole wheat bread.

Emmanuel Lutheran: Bible Study, 6:30 a.m.

St. John’s Lutheran: Christian Literature Circle, 7:30 p.m.

Cross Country at Deuel Invitational

Groton Boys Golf Invitational at Olive Grove, 3 p.m.

GT GBB Fall Skills, 6 p.m., Arena

Groton Senior Citizens meet at the Groton Community Center, 1 p.m.

Tuesday, Sept. 22
FIRST DAY OF AUTUMN

Senior Menu: Beef and bean burrito, Spanish rice, corn, fruit, pumpkin bar.

St. John’s Lutheran: Quilting, 9 a.m.

United Methodist: Bible Study, 10 a.m.

JH Football at Webster, 4 p.m.

JV Football at Webster, 5 p.m.

Volleyball hosts Warner (7th/C @ 5pm, 8th/JV @ 6pm, Varsity to follow)

Wednesday, Sept. 23

Senior Menu: Chicken bacon ranch pasta, broccoli, fruit, whole wheat bread.

Emmanuel Lutheran: Confirmation, 4 p.m.; League, 6:30 p.m.

St. John’s Lutheran: Confirmation, 3:45 p.m.

United Methodist: Community Coffee Hour, 9:30 a.m.

Thursday, Sept. 24

Senior Menu: Chicken bacon ranch pasta, broccoli, fruit, whole wheat bread.

Boys Golf at Sisseton Invitational, 10 a.m.

Cross Country at Clark, 2 p.m.

Volleyball hosts Mobridge-Pollock (7th/C @ 4pm, 8th/JV @ 5pm, Varsity to follow)

Friday, Sept. 25

Senior Menu: Grilled chicken sandwich, roasted sweet potatoes, California blend, fruit.

Volleyball hosts Langford Area (C team at 5 p.m., JV at 6 p.m. followed by Varsity)

Saturday, Sept. 26

JH/JV Football at Webster Jamboree, 10 a.m.

Soccer at Dakota Valley (girls at 1 p.m., boys at 3 p.m.)

Sunday, Sept. 27

Emmanuel Lutheran: Worship/Milestones, 9 a.m.; Sunday School, 10:15 a.m.

St. John's Lutheran: Worship at St. John's, 9 a.m. and at Zion, 11 a.m.; Sunday School, 9:45 a.m.

United Methodist: Worship at Conde, 8:15 a.m.; at Groton, 9:30 a.m.; at Britton, 11:15 a.m.; Coffee Hour, 10:30 a.m.; Sunday School, 9:30 a.m.

Catholic: SEAS Confession, 7:45-8:15 a.m.; SEAS Mass, 8:30 a.m.; Turton Confession, 10:30-10:45 a.m.; Turton Mass, 11 a.m.

First Presbyterian Church: Bible Study, 9:30 a.m.; Worship, 11 a.m.

Groton CM&A: Sunday School, 9:15 a.m.; worship, 10:30 a.m.

Sixth Grade GBB practice, 4 p.m., Arena
Third Grade GBB practice, 4 p.m., GHS Gym
Dance Team Practice, 5:30 p.m., Arena

Monday, Sept. 28

Senior Menu: Sloppy Joe on a bun, baked potato, baked beans, fruit.

Emmanuel Lutheran: Bible Study, 6:30 a.m.

JV Football at Milbank, 4 p.m.

Soccer hosts West Central (boys at 4 p.m., girls at 5:30 p.m.)

Third-Sixth Grade football hosts Redfield, 5 p.m.

GT GBB Fall Skills, 6 p.m., Arena

Groton Senior Citizens meet at the Groton Community Center, potluck at noon

Tuesday, Sept. 29

Senior Menu: Chef salad with deli ham, tomatoes and cucumbers, fruited Jello.

United Methodist: Bible Study, 10 a.m.

Groton Invitational Cross Country Meet, 2 p.m., Olive Grove Golf Course

JH Football hosts Milbank, 4 p.m.

JV Football hosts Milbank, 5 p.m.

Wednesday, Sept. 30

Senior Menu: Chicken Alfredo, broccoli, fruit, breadstick.

Emmanuel Lutheran: Confirmation, 4 p.m.

St. John's Lutheran: Confirmation, 3:45 p.m.

United Methodist: Community Coffee Hour, 9:30 a.m.

School Picture Day!

Aberdeen Marching Band Festival, 9 a.m.

Fourth Grade GBB Practice, 5:30 p.m., elementary school

Classifieds and Card of Thanks

The following rates are for Classifieds published in both the Groton Daily Independent and the Groton Independent. Cut rate in half if you just want it in the GDI or just the weekly.

1 Week: \$9 for first 30 words, 20¢/word thereafter

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4th consecutive week is free

605/397-NEWS (6397)

EMPLOYMENT

Wanted full or part time help for harvest. Someone who can drive combine, semi or tractor. Housing available. Near Aberdeen call 605-380-4898. (0819.0909pd).

JERAULD COUNTY HIGHWAY SUPERINTENDENT open position. Full-time with benefits package. Contact the Jerauld County Auditor's Office at (605) 539-9301 or email at auditor@jerauldsd.com..

MISCELLANEOUS

DAKOTA TERRITORY GUN COLLECTORS Gun Show, Mobridge, SD. September 11-12. Friday 3pm-7pm & Saturday 9am-5pm. Call Gene @ 605-848-2427.

NOTICES

ADVERTISE IN NEWSPAPERS statewide for only \$150. Put the South Dakota Statewide Classifieds Network to work for you today! (25 words for \$150. Each additional word \$5.) Statewide Full Digital Ad is \$300 for 1 week. Call the Groton Independent at 605-397-7460.

The Life of Kathryn Sundling

Funeral services for Kathryn "Kathy" Linnea Sundling, 76, of Groton, South Dakota, was held Tuesday, September 1, 2026 at Paetznick-Garness Funeral Chapel, Groton.

Kathy passed away on August 27, 2026, at Sanford Medical Center in Aberdeen, South Dakota.

Kathy was born on January 13, 1950, in Aberdeen to Jack and Marjorie Mahan. She grew up in Groton and graduated from Groton High School in 1968.

Kathy married Bob Sundling of Groton, and together they welcomed their daughter, Traci. Throughout her life, Kathy held a variety of jobs, including working at Ken's Grocery Store, Duane's Standard, and the local nursing home.

Kathy had a kind and generous heart and was a wonderful caregiver to those around her. She was the type of person who would quite literally give you the shirt off her back. She loved cats, enjoyed bird watching, and was an excellent cook and baker. Her caring nature, generosity, and the simple joys she shared with family and friends will be fondly remembered.

Kathy is survived by her daughter, Traci of Groton; her brothers, Tom (Alesa) of Groton and John (Julie) of Mesa, Arizona; as well as a niece, several nephews, cousins, and other family and friends who will miss her dearly.

She was preceded in death by her parents, Jack and Marjorie Mahan; her maternal grandparents, Randall and Esther Peterson; and her paternal grandparents, Floyd and Blanche Mahan.

Kathy's life was marked by kindness, generosity, and care for others. Her family will remember her not only for the things she loved and the meals she prepared, but especially for the love and compassion she freely gave to those around her.

GROTON Ford 605/397-2311 www.grotonford.com



NOTICE OF HEARING OF THE BROWN COUNTY COMMISSION TO CONSIDER AMENDING TITLE 4 ZONING ORDINANCES

A public hearing will be held before the Brown County Commission on the 22nd day of September 2026 in the Commissioner's Chambers, Courthouse Annex, Brown County, South Dakota to consider amending portions of Title 4: Chapter 4.01 – Definitions; Chapter 4.06-Agriculture Preservation District (AG-P) and Chapter 4.22 – Administrative Procedure and Enforcement—Permits. (Full Ordinance with changes is available at the Auditor's Office)

The public is invited to attend the hearing and to present comments and testimony regarding any one of or all of the amendments to Second Revision Brown County Ordinances pertaining to amending Title 4 Zoning Ordinances. At the conclusion of the hearing, the Brown County Commission may adopt first reading of such Ordinance No. 335.

ATTEST: Lynn Heupel, Brown County Auditor

Published September 2, 2026 at the total approximate cost of \$11.76 and may be viewed free of charge at www.sdpublicnotices.com. 27185



NOTICE An application has been made by County Line Developers, LLC to the Brown County Board of Commissioners for a change of zoning. Hearing to be held in the Commissioner's Chambers, Courthouse Annex, Brown County, South Dakota on September 22, 2026 for the purpose of rezoning the following property from Residential District (R-1) to Highway Commercial District (HC) to bring this parcel into

compliance for its future use.

Description of property: Lot 2 "Ronnie's Way Addition" in the NW ¼ of Section 17-T123N-R63W of the 5th P.M., Brown County, South Dakota (2620 8th Ave. NE; Aberdeen Twp.).

The public is invited to attend the hearing and to present comments and testimony regarding the amendment to the Second Revision Brown County Ordinances pertaining to rezoning the property described. At conclusion of the hearing, the Brown County Commission may adopt the first reading of Ordinance No. 334.

ATTEST: Lynn Heupel, Brown County Auditor

Published September 2, 2026 at the total approximate cost of \$12.40 and may be viewed free of charge at www.sdpublicnotices.com. 27184

Weekly SUDOKU

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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AVERA WELCOMES

Omar Abdelaziz, MD
PSYCHIATRY

Dr. Abdelaziz joins the expert team at Avera Psychiatry in Aberdeen. He specializes in mental health care for adults, which includes diagnosing mental health conditions, medication management and ongoing treatment. No referral required.

Justin Van Der Meid, MD
Psychiatry

Carol Schaunaman, CNP
Psychiatric Care for Adults

Michele Thorpe, PMHNP
Psychiatric Care for Adults

Avera Psychiatry
201 S. Lloyd St., #E206
Aberdeen, SD 57401
605-622-2545 | Avera.org/Doctors
Schedule an appointment.

PHYS-2521400



The Minnesota Vikings closed out their preseason with a whimper on Friday, losing to the Denver Broncos 34-6. Yes, preseason games don't mean anything. Yes, we still got some valuable information about some of the young players on the roster. Yes, I still wish the Vikings would have annihilated the Broncos and, specifically, their head coach Sean Payton. (Yes, I still hold a grudge since 2009.)

The most important piece of information we got from this preseason game actually happened right before the game, when the Vikings announced they would be sitting third-year QB J.J. McCarthy. It's not unusual for teams to sit players in the preseason. In fact, most of the starters on both teams sat this game out. However, McCarthy was in line to play the entire first half, giving him one final chance to show the Vikings (and all the other teams around the league) that he has what it takes to be a starting QB in the NFL. Instead, he sat out the game with a minor injury. It was not a good look for McCarthy, and by all reports, it didn't sit well with the Vikings' front office and coaching staff either.

Now, I could spend the rest of this time recapping a game that nobody really cares about, but instead, let's look at the Vikings' initial 53-man roster. There were a few questionable decisions, and I believe some more moves are on the way, but here is the 53-man roster announced by the Vikings on Sunday:

- Quarterbacks (4) - Kyler Murray; J.J. McCarthy; Carson Wentz; Max Brosmer
- Running backs (3) - Aaron Jones, Sr., OR Jordan Mason; Demond Claiborne
- Fullback (1) - Max Bredeson
- Receivers (6) - Justin Jefferson, Jordan Addison and Jauan Jennings; Tai Felton and Myles Price; Dillon Bell
- Tight ends (4) - T.J. Hockenson; Josh Oliver; Ben Yurosek; Gavin Bartholomew
- Offensive line (8) - LT Christian Darrisaw; LG Donovan Jackson; C Blake Brandel; RG Will Fries; RT Brian O'Neill; T Ryan Van Demark; T Caleb Tieran; G Joe Huber
- Defensive line (6) - Tyrion Ingram-Dawkins, Jalen Redmond and Levi Drake Rodriguez; Caleb Banks, Domonique Orange and Elijah Williams
- Outside linebackers (4) - Dallas Turner and Andrew Van Ginkel; Bo Richter; Chaz Chambliss

Inside linebackers (4) - Blake Cashman and Eric Wilson; Jake Golday and Ivan Pace, Jr.

Cornerbacks (5) - Byron Murphy, Jr., and Isaiah Rodgers; Chuck Demmings and James Pierre; Zemaiah Vaughn

Safeties (5) - Joshua Metellus and Jay Ward; Theo Jackson and Jakobe Thomas; Jacob Thomas

Specialists (3) - Long snapper Andrew DePaola; Kicker Will Reichard; Punter Brett Thorson

The first thing I looked at was quarterback, and I was surprised to see the Vikings keep both McCarthy and Max Brosmer. Neither QB looks capable of playing in the NFL, and I won't be surprised if the Vikings replace one of them with a recently released QB from another team.

Dillon Bell made the roster, which wasn't too surprising. The undrafted rookie played well in the preseason, even lining up as a running back occasionally. I don't think the Vikings could have snuck him onto the practice squad, so I'm glad to see him make the initial 53.

I think the Vikings would have liked to keep an additional offensive lineman, and it wouldn't surprise me to see them replace the 4th QB for a 9th o-lineman. The Vikings were able to trade Walter Rouse for a late-round draft pick, however, which was a solid move to at least get some value instead of outright cutting the player. It should be noted that center Michael Jurgens was placed on IR with a designated to return tag.

Speaking of IR, it was reported on Sunday that outside linebacker Tyler Batty will miss the entire season due to injury. I'm not sure he would have made the final 53, but it's disappointing nonetheless.

Looking ahead, the Vikings will be looking to get the team ready for their week one matchup against the Green Bay Packers on September 13. Skol!

"The Missing Pillar of Health: Why Rest Is More Than Sleep"

Have you ever slept the recommended eight hours, only to wake up feeling tired and unready to take on the day?

In addition to focusing on your sleep habits, consider the health benefits of





Whitney Lucas Molitor
Ph.D., OTD, OTR/L, BCG,

rest. Because inadequate rest can negatively affect health outcomes, mood and daily participation, rest is a crucial component of supporting and promoting health. If you are unsure when you last rested, it may be time to develop a new rest routine.

Rest is defined as engaging in "quiet and effortless actions" (AOTA, 2020, p. 32). It involves reduced physical, mental and social activity to promote relaxation, restore energy or cultivate calm, thereby supporting renewed engagement. Examples of rest include listening to music, doing a puzzle, meditating or reading. Decisions about when to rest and which types of rest to engage in are influenced by personal interests and choices, as well as sociocultural and contextual factors.

Rest is a unique experience that involves wakeful restoration across multiple categories and is a critical factor in promoting health. Physical rest includes activities such as stretching, napping or using a foam roller. This form of rest supports muscle recovery and can support the immune system. Mental rest is important for concentration and focus. This type of rest involves reducing stress and supporting emotional regulation, and it supports memory and concentration through breaks from problem-solving or decision-making. Mental rest may include meditation or can be combined with physical rest while walking.

Social rest involves taking breaks from social experiences or demanding interactions to support connecting in ways that promote energy renewal. Sensory rest focuses on reducing noise or screen time. Strategies such as dimming the lights or using noise-canceling headphones can help reduce excessive background noise. Creative rest involves taking a break from creative stimulation, returning to the task with renewed concentration and appreciation. Engaging with nature or quiet reflection can promote creative rest.

Understanding different types of rest is important; however, recognizing signs that you may benefit from rest is a critical first step. Feeling fatigued even after adequate sleep, having difficulty concentrating, feeling overwhelmed or increased caffeine use may indicate that you could benefit from more rest.

Developing practical strategies to consistently get rest that align with your lifestyle is a first step toward building more rest into your daily routine. Begin by scheduling short breaks throughout your day. Add these to your calendar and decide which restful activity you will do. When possible, spending time outdoors can be a beneficial way to rest. Another strategy to support rest is to take an inventory of your hobbies and interests. Identify what you enjoy and then set aside time to engage in these activities. View rest as a daily investment in your health and find enjoyable ways to make it part of your day.

Rest is just as important as getting the recommended amount of sleep. Despite societal, personal and family demands, rest is necessary to support health. Rest is a strategy that promotes health, reduces fatigue and prevents burnout. Begin by identifying which restful activities you enjoy.

Building one intentional rest strategy into your upcoming week may be the best way to kick-start a new habit that supports rest.



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LABOR DAY

CELEBRATING THE HARD WORK OF A NATION

Monday September 7th LABOR DAY STORE HOURS

Ken's Super Fair Foods, Ken's Shell Express and Ken Bottle Shop in Aberdeen will be open Regular Hours. Ken's Food Fair in Britton, Groton & Ipswich will be open 8 am - 5 pm. Clark & Eureka will be open 8 am - Noon



USDA CHOICE DEMKOTA BONELESS CHUCK ROAST

\$5.99 Lb.



BI-COLOR SWEET CORN

\$4.99 1 Dozen



KEN'S 80% LEAN GROUND BEEF

10 Lb. Tubes **\$4.49** Lb.



USDA CHOICE DEMKOTA BONELESS WHOLE RIBEYE

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FROZEN



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LIQUOR-BEER



ADMIRAL NELSON PINEAPPLE RUM

750 ML.

2/\$7

BAKERY



KEN'S BAKERY FRESH HOT DOG BUNS

8 Count

\$3.29

DELI



KEN'S FAMOUS! FRIED CHICKEN

8 Pc. Bucket

\$11.99



SUN 9 AM - 1 PM
MON-FRI 7 AM - 5 PM
SAT 8 AM - 2 PM
Call 605.225.6671

COFFEE • GOURMET DRINKS & FOODS

FLAVOR OF THE WEEK!

PEPPERMINT PATTY

(CREAM DE MINT AND WHITE CHOCOLATE)

\$3.99-\$4.99



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