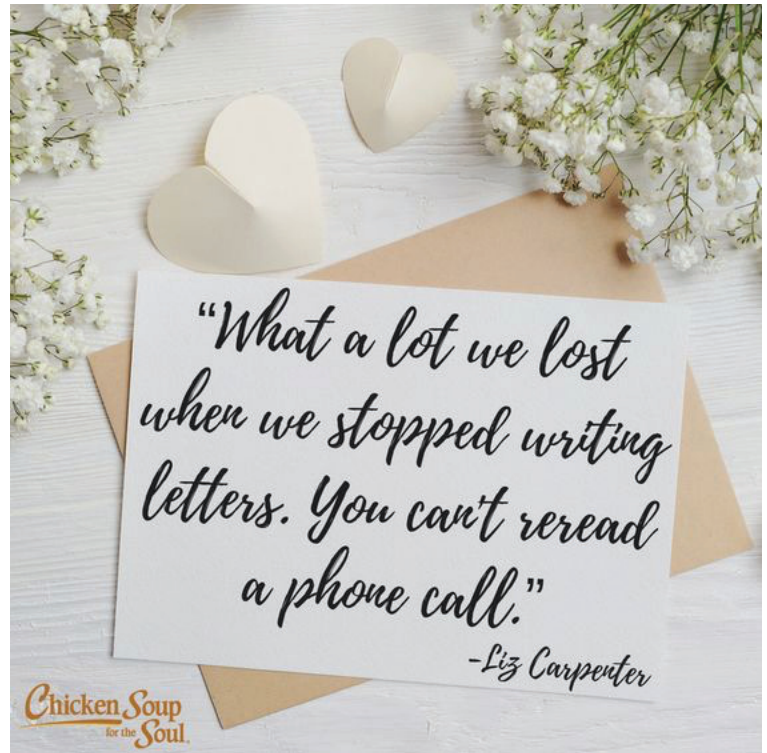


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- 1- UMC Salad & Dessert Buffet
- 2- Keith at Harr Motors ad
- 2- KG Roundup Reschedule
- 3- Community Events
- 3- Kern Bridal Shower
- 4- Blood Drive Ad
- 5- Truss Pros Ad
- 6- Dr. Holm's Column
- 7- Sen. Thune's Weekly Column
- 8- Rep. Johnson's Weekly Column
- 9- Gov. Noem's Weekly Column
- 10- Noem Encourages Participation in National Prescription Drug Take Back Program
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- 12- Sen. Rounds' Weekly Column
- 13- Today in Weather History
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Groton United Methodist Women

Salad & Dessert Buffet

Wednesday, May 1st

from 11 am - 1 pm

Please join us for lunch or make your own to-go!

Men & Women \$8 - Children 6 and under free

at the Groton United Methodist Church

Proceeds to UMW Missions

OPEN: Recycling Trailer in Groton

The recycling trailer is located at 10 East Railroad Ave. It takes cardboard, papers and aluminum cans.

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Groton Area's
KG 
has been rescheduled to
April 30th
All scheduled times will stay the same. Please contact Heidi Krueger at the elementary school to confirm this new date.
605/397-2317



 **HARR**
Motors

4255 6th

Hi, my name is Bary Keith, a Groton resident. I have just recently joined the Harr Motors sales team. I'm excited to start helping people get into the right vehicle for them. Right now, any vehicle purchased from me, until the end of April, will receive an Autostart at no charge. Give me a call (605-216-6952) or (605-725-8624) or stop out and see me at Harr Motors today!!!

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Sunday, April 28, 2019

2 p.m. - 5 p.m.: Bridal Shower for Emily Kern
at Emmanuel Lutheran Church

5:30 p.m.: Princesses Prom Grand March at
the GHS Gym

Monday, April 29, 2019

2:00pm: Track: 7th/8th Meet @ Redfield Jr-Sr
High School

Tuesday, April 30, 2019

8:30am- 3:30pm: KG Roundup (Screening) at Groton Area Elementary School

1:00pm: Track: Varsity Meet @ Milbank High School

DI Pork Loin Meal, 5-7 p.m., HS Gym.

7:00pm: Middle School Spring Concert

Wednesday, May 1, 2019

11 a.m. to 1 p.m.: United Methodist Women May Salad & Dessert Buffet at the UMC.

7 p.m.: Carnival of Silver Skates annual meeting at the warming house.

Thursday, May 2, 2019

10:00am: Golf: Girls Varsity Meet @ Lee Park Golf Course

DI Pork Loin Meal, 5-7 p.m., HS Gym.

7:00pm: High School Spring Concert and Awards Night

Friday, May 3, 2019

Howard Wood Relays in Sioux Falls

4:00pm: Track: Varsity Meet @ Sisseton High School

7:00pm: FFA Banquet Groton Area High School

Saturday, May 4, 2019

8 a.m. to 3 p.m.: Groton City-wide Rummage Sale

Howard Wood Relays in Sioux Falls

Sunday, May 5, 2019

5:00 p.m. Groton Softball, Baseball and T-Ball parent meeting at the Legion

**Come and go Bridal shower for Emily Kern, bride to be of Nathan Skadsen,
Sunday, April 28 2019 2-5 pm at
Emmanuel Lutheran Church**

Upcoming
**COMMUNITY
EVENTS**

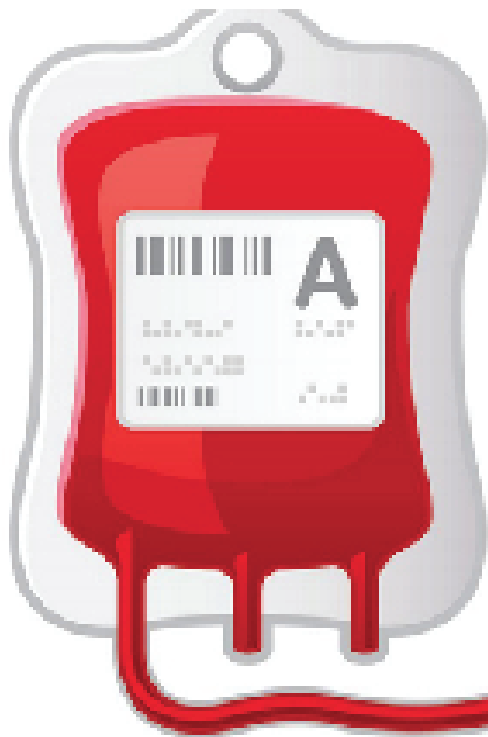
Silver Skates Annual Meeting

Does your child enjoy ice skating?

Do you like to see community traditions continue?

Do you have creative or organizational talents waiting to be shared with others?

Please join us for the Carnival of Silver Skates annual meeting on Wednesday, May 1 at 7:00 p.m. at the warming house.



**Be a hero.
Save a life.**

vitalant.

**Blood Drive
Monday, April 29
12:15 p.m. to 6 p.m.
Groton Community Center
Call 397-8498 or 397-7525 to sign up**

Don't forget to fill out your Fast Track Health History online the day of your donation to speed up the process! The link for your Fast Track Health History can be found at <https://www.vitalant.org/health>.

NOW HIRING!

Truss Pros

10954 424th Avenue | Britton, SD 57430

Looking for assemblers - both shifts

- * New Starting Wage - \$15/hr day shift and \$16/hr night shift
- Overtime Available

BENEFITS INCLUDE:

- Comprehensive Health, Dental & Vision insurance
- Life Insurance
- Short-term Disability and Long-term Disability
- 401k
- Holiday Pay
- Vacation Pay
- Paid Sick Leave
- Referral Bonuses

To apply visit www.uslbn.com/careers or call Diane at 605-448-2929.

The moth into the flame

What is inflammation? Inflammation comes from the Latin words "into the flame" like how moths are drawn to sustaining warmth of a springtime campfire and harmful self-destruction if they get too close. Inflammation is a natural phenomenon that can encourage sustaining healing but also harmful destruction, like a moth into the flame.



By Richard P. Holm, MD ~ Prairie Doc® Perspectives

During my first years of medical school, I was honored to spend my summers with multiple doctors practicing in Watertown, South Dakota. There, pediatrician Ebehardt Heinrichs, M.D., taught me about inflammation while we were examining a young child with acute juvenile arthritis. He pointed out how her hands showed four characteristics of inflammation famously described by Celsus, a Roman who lived at the time of Jesus. Dr. Heinrichs explained, "These are the cardinal signs of inflammation: rubor (redness), tumor (swelling), calor (heat) and dolor (pain)."

That summer, a red, swollen, hot, and painful joint found with juvenile arthritis was not the only medical condition I saw resulting from inflammation run amok. Other destructive examples included asthma, poison ivy, psoriasis, Lupus, and rheumatoid arthritis. Those years ago, I learned that we had anti-inflammatory medications to help patients with such unfortunate conditions, although side effects were considerable. In contrast, I also saw examples of how inflammation can be beneficial in fighting off invading infections such as skin abscesses, appendicitis, tonsillitis, meningitis and sinusitis.

Beyond this older and established knowledge, researchers have recently learned that beneficial muscle growth comes as a response to localized mild inflammation that follows exercise. Other studies show that low-intensity training, like walking, can reduce harmful chronic inflammation. All-in-all not only can our bodies be harmed when self-destructive inflammation turns against our own cells, but our bodies can be protected and even sculpted by the yin and yang of balanced and healthy inflammation.

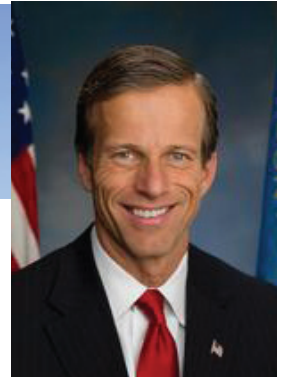
Recently, researchers have learned of another yin and yang. We know that our bodies can recognize and remove, by inflammation, tiny cancers that pop up periodically. On the other hand, certain cancers can grow because of inflammation. This later finding has allowed for even more new therapies.

There have been great improvements in medicines relating to inflammation, compared to what we had during those early Watertown days. We can now, more effectively and with fewer side-effects, turn off harmful targets of inflammation, cool crippling arthritis, sooth devastating rashes and even, when used correctly, shrink certain cancers.

Rubor, tumor, calor, dolor . . . like a moth attracted to a sustaining or harmful springtime campfire.

For free and easy access to the entire Prairie Doc® library, visit www.prairiedoc.org and follow The Prairie Doc® on Facebook, featuring On Call with the Prairie Doc® a medical Q&A show streaming live and broadcast on SDPTV most Thursdays at 7 p.m. central.

John Thune U.S. SENATOR - SOUTH DAKOTA



My Next Stop Might Be in Your Hometown

It's been a busy and exciting few weeks in South Dakota. On a personal note, the highlight for me and Kimberley was welcoming our fourth grandchild just before Easter. We're so blessed, and I'm so proud of both of our daughters. They're strong, amazing women, and they exemplify what it means to be a good mom, which is no surprise, considering Kimberley is the perfect example to follow. The whole family, including the newest addition, was able to spend the holiday together, and with the help of the other grandkids, we were even able to find a few eggs, too.

Aside from sharing some of these moments with my family during the last state work period, I'm once again humbled by the fact that so many of you were willing to share what's happening with you, your family, or your local business. For me, there's no better way to learn about how Washington's laws and regulations are affecting people than by hearing about it and seeing the results firsthand – by touring local small businesses, for example, and discussing important policies like trade, tax reform, and regulatory relief with workers and business leaders.

Those kinds of stops are important, which is why I recently visited Energy Dynamics in Carthage, Valley Queen Cheese in Milbank, Persona Signs in Madison, A.H. Meyer & Sons in Winfred, Royal Canin Pet Food in North Sioux City, and DeGeest Steel Works in Tea, and I was thoroughly impressed with these local success stories. These engines of economic growth have accomplished a lot of big things in their communities, and the sky is definitely the limit.

While I've learned that each business has its own fingerprint and its own story to tell, I'm always amazed that there's something uniquely South Dakotan about them – whether it's the product they're making, the service they're providing, or the hardworking people who are behind the effort. When I was in Tea, for example, I met three generations of the DeGeest family, including Glenyce, the co-founder of the family business, and her grandson Derek, who was named the 2019 South Dakota Small Business Person of the Year. These are the faces of South Dakota's entrepreneurial spirit.

During my recent trip around the state, I also spent time at the Avera Flandreau Hospital and Sanford Clear Lake medical center to learn from staff and community leaders about the unique challenges facing rural communities, including the hurdles that can exist with delivering high-quality health care. Whether it's expanding telehealth opportunities or incentivizing talented medical professionals to serve in rural areas, I've made this issue a priority, and I appreciate the good work these folks are doing in communities large and small.

Flooding is still a big issue for many people in South Dakota, and after having toured some of the damage myself, I've seen what can happen when the water level reaches dangerous levels. I met with leaders in Sioux Falls in March, and I most recently sat down with Watertown Mayor Sarah Caron to hear how the community is dealing with the high water and learn more about what they're doing to prepare for future risks. I'm paying close attention to this issue, and the congressional delegation stands ready to help when and where we can.

I recently spent time with the Milbank Chamber of Commerce, the Madison Kiwanis Club, the Watertown Rotary Club, and North Sioux City's economic development organization. If you want to get the pulse on what's happening in a local community, these are the organizations to which you should listen. I also had the chance to catch up with our hometown heroes at the South Dakota National Guard associations' joint conference in Sioux Falls, and I'm thankful, as always, to have heard from students in Iroquois and Milbank.

If I'm not in Washington, odds are that I'm either trying to keep up with the grandkids, or you can find in me in one of the cities or towns that dot South Dakota's map – maybe even your hometown – learning directly from the people who do what they do best. There's no better way to do it.



CONGRESSMAN
DUSTY JOHNSON
Representing **SOUTH DAKOTA** at large



A Broken Border

For as long as I can remember, immigration reform headlines have frequented the front pages of our newspapers. It's a tough system to understand, and an even tougher system to legislate. Many of the world's greatest leaders have tried and failed over the years, and even some successes have resulted in failure years later.

Nearly every administration in the last 30 years has attempted to solve our complex immigration system. In 1986, President Reagan signed into law sweeping immigration reform, giving amnesty to nearly three million residing illegally in the U.S., while also implementing new restrictions on employers' abilities to hire undocumented workers. Ten years later, President Clinton signed another reform bill, strengthening deportation enforcement and restricting legal immigration. President George H.W. Bush expanded seasonal worker programs, and President George W. Bush attempted to steer through a bipartisan package which ultimately failed on the Senate floor.

Our nation's immigration problems are not new, and frankly, they're getting worse. I had the opportunity to cut through the noise and travel to our southern border last week to see what's going on for myself.

During my trip, I met with U.S. Border Patrol and drug enforcement agents on the ground. They took us to some of the most vulnerable spots along the border in Yuma, AZ. I witnessed a number of illegal border crossings and the apprehensions that followed. In the past, illegal border crossings were primarily committed by single adult men. Today, it's shifted to family units and unaccompanied minors, bringing a new set of challenges to an already exasperated system.

My time at the border taught me one thing: our systems are overwhelmed. Last month, nearly 100,000 people were apprehended at our southern border and as I viewed these detention areas, they're three or four times more crowded than they should be. Current immigration policy treats family units more favorably than single individuals, and according to U.S. Border Patrol, drug cartels are "renting" children at a cost of \$1,700 to cross the border. There must be a better way.

Allowing our systems to be overrun is neither the humanitarian or responsible thing to do, and neither is keeping in place policies that allow individuals to exploit children to gain easier access into our country. Whether you're somebody who cares about national security or whether you're somebody who cares about humanitarian concerns, this is a crisis we need to solve as soon as possible. It's clearer than ever after spending several days with the men and women protecting our borders that they need more resources, more technology, and most importantly, a border wall or fencing to best do their jobs.

The insight I gained from my trip to the border is something I will bring back to D.C. to continue to fight for border security. If we want to solve this crisis, we need everyone to come to the table, secure our border first and overhaul our system.

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SOUTH DAKOTA GOVERNOR
KRISTI NOEM



Leading the Way in Cybersecurity

Like. Double-tap. Send. Retweet. It's second-nature for us.

Every day, a typical American will spend more than 11 hours interacting with media. On average, we check our phones every 12 minutes – immersing ourselves in screens more than 80 times per day. You hardly need me to point out the ever-increasing dependency on connected technologies in our everyday lives.

But while the connectedness of our networks and devices bolsters convenience in an astounding way, that convenience brings heightened vulnerability.

Over a six month span last year, 4.5 billion personal records were compromised by cyber thieves. In 2017, cyberattacks on mobile devices increased by over 40 percent with an average of more than 1.2 million attacks per month. The cost of cyberattacks is climbing, and the vulnerability of businesses to attacks is on the rise.

The need to address this problem is in high-demand. The global cybersecurity market is set to grow from its current value of more than \$120 billion to over \$300 billion by 2024. As the market increases, so will job opportunities. By 2021, there will be 3.5 million unfilled cybersecurity jobs around the world. These are the high-paying jobs our kids will depend on to raise their families.

Here's the good news: South Dakota is ready to lead the way.

Earlier this month, I visited Dakota State University in Madison – one of the most technologically-advanced universities in the Midwest. DSU is making significant investments in their cyber mission with the recent completion of the Beacom College of Computer and Cyber Sciences and new construction of the Madison Cyber Labs.

These programs are producing graduating classes of well-qualified cyber professionals that are being tapped by leading intelligence agencies and federal contractors. Our priority must be not only in training this workforce, but also in attracting or creating companies in South Dakota to keep our graduates here at home, with great jobs and a way of life they love.

It makes sense, too. Aside from the second-to-none talent pipeline of DSU, South Dakota offers technology companies an off-the-beaten-path location that has value in and of itself. With our low population density, lack of skyscrapers, and land-locked location, our geography is an asset for intelligence security, not a liability.

What's more, South Dakota's business climate is top in the nation for companies of all types. Our state's limited business taxes and costs give businesses a competitive edge by helping them keep the money they make so they can continue to invest in their company's growth.

In late April, I was proud to bring this message to the Center of Academic Excellence for Cybersecurity at their national meeting. It was great to meet with industry leaders and corporations looking for new places to do business. I'm confident they will see that South Dakota has the talent, the know-how, the needed facilities, and the optimal geographic location for a resilient cybersecurity industry.

We are ready to lead the way.

Noem Encourages Participation in National Prescription Drug Take Back Program

PIERRE, S.D. – Governor Kristi Noem is encouraging South Dakotans to dispose of unneeded prescription drugs on Saturday, April 27, as law enforcement agencies across the state participate in the National Prescription Drug Take Back Program.

From 10 a.m. to 2 p.m., law enforcement, in cooperation with the Drug Enforcement Administration, will give people opportunities to prevent prescription medication abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. The service is free and anonymous, no questions asked.

“Preventing drug abuse is a vital public safety and public health issue. Each of us has a part to play in fighting drug addiction,” said Noem. “I want to thank the law enforcement community for stepping up and providing this important service in our communities.”

The Substance Abuse and Mental Health Services Administration’s National Survey on Drug Use and Health shows that most misused and abused prescription drugs are obtained from family and friends, including someone else’s medication being stolen from the home medicine cabinet.

“Experts agree that properly disposing of prescription medications is essential to winning the fight against the opioid epidemic,” Noem continued. “Unneeded drugs that stay in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in our nation are alarmingly high, as are the number of accidental poisonings and overdoses because of these drugs.”

According to the South Dakota Department of Health, there were 74 drug overdose deaths in the state in 2017, making South Dakota the third lowest in the nation for drug overdose deaths.

In addition to national takeback day, local pharmacies, law enforcement agencies, and the South Dakota Board of Pharmacy have established year-round drug take back locations statewide.

For more information about South Dakota’s plan to reduce opioid abuse and misuse, visit AvoidOpioidSD.com. A list of participating law enforcement agencies in the national takeback event is available at takebackday.dea.gov. A list of year-round drug take back locations in South Dakota is available at avoidopioidsd.com/take-action/take-back-sites/.

PRESCRIPTION DRUG DISPOSAL

WHEN

April 29-May 3rd

Groton City Wide Spring Clean up

WHERE

Groton Police Department

At Groton City Hall

Dispose of any unwanted, unused or expired prescription medications in your home.

WWW.TAKEBACKDAY.DEA.GOV/

OPEN FOR ANYONE

AT THE DOOR

Stop down to City Hall anytime from 8-5 with your prescription medication.

SPONSORS

Groton Police Department

Groton City Hall

Groton Area School

Other Local Businesses

BENEFITING

Too often, unused prescription drugs find their way into the wrong hands. That's dangerous and often tragic. That's why it was great to see thousands of folks from across the country clean out their medicine cabinets and turn in - safely and anonymously - a record amount of prescription drugs.

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Celebrating Military Families

The month of April has been designated as the Month of the Military Child. This is a time to appreciate the sacrifices made by the children of service members. We are forever grateful to the men and women who wear the uniform of the United States. We are also grateful to their family members who support them while they are away protecting our country. This month, we celebrate and honor the children who love and support their moms and dads serving in our armed forces.

South Dakotans have a long history of service to our country. We are proud supporters of our military members and veterans. South Dakotans fought hard to keep Ellsworth Air Force Base operational when it was being considered for closure in 2005. At the time, I was working as governor and I'll never forget how communities across the state, especially Box Elder and Rapid City, came together to show their unwavering support for the base and the families who were stationed there. They played an important role in protecting the base from closure.

Now, Ellsworth is in a stronger position than ever. It has been announced Ellsworth will be home to the B-21 Formal Training Unit and will be the first base to receive an operational squadron of the B-21 Raider bomber, the Air Force's next-generation stealth bomber. Ellsworth will continue to play a critical role in our defense strategy for years to come. This means Ellsworth and the surrounding communities will see an increased number of military members and their families in the coming years. I know we will welcome them the way we've welcomed thousands of military families since the 28th Bomb Wing was activated in 1947.

In the Senate, I serve on the Armed Services Committee and the Veterans' Affairs Committee. I work with colleagues on both sides of the aisle to improve the quality of life for service members and veterans, and their families. We also work to strengthen our armed forces to make sure service members have all the tools available to them to protect our country and return home safely to their loved ones.

Last year's National Defense Authorization Act (NDAA) included a pay raise for our troops—the largest pay increase in nearly ten years. It also included provisions to make sure our armed forces remain the best in the world by providing adequate resources so our forces can fully rebuild our military and address the many challenges facing our nation. The most important asset of our armed forces is their people—the men and women in uniform who defend our nation, and the families who give them the support to do so.

This year, the Army National Guard's Charlie Company, 189th Aviation in Rapid City received a Department of Defense Reserve Family Readiness Award for being one of the best programs in the country for supporting Reserve Component families. These units play an important role in helping families feel cared for and connected during loved ones' deployments.

Jean and I thank all the military families in South Dakota and South Dakota military families serving around the world for the sacrifices they make while their loved ones are protecting our country. And this month, we say a special thank you to the children whose parents are serving in our armed forces. Your support means everything to them as they work hard to defend our country.

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Today in Weather History

April 28, 1994: Snow accumulated 5 to 12 inches over most of the eastern half of South Dakota, with the 12-inch report from Winner. Ten to eleven inches of snow was reported at numerous places including Sioux Falls and Platte in the southeast, and Summit in the northeast. Numerous accidents were caused by snow and ice, including one which killed a man and injured two women on Highway 12 near Bath, South Dakota. There was some undetermined crop damage, and livestock loss was feared as the late season cold and snow lowered resistance to disease.

1893: A half-mile wide estimated F4 tornado killed 23 people and injured 150 as it tore a path of devastation through Cisco, Texas. Every building in the town was either destroyed or severely damaged.

1973: The record crest of the Mississippi River at St. Louis, Missouri was registered at 43.23 feet on this day. This level exceeded the previous 1785 mark by 1.23 feet. This record was broken during the 1993 Flood when the Mississippi River crested at 49.58 feet on August 1st. At Memphis, Tennessee, the Mississippi was over flood stage for 63 days, more than that of the historic 1927 flood, and the river was above flood stage for an even longer 107 days at upstream Cairo, Illinois. Out of the seven largest floods on the Mississippi between 1927 and 1997, the 1973 event ranked third in both volume discharged and duration but only sixth in flood height. Over \$250 million of damages were incurred mainly in the Mississippi Valley states of Missouri, Arkansas, Tennessee, Mississippi, and Louisiana.

1991: Memphis, Tennessee recorded their wettest April ever with 15.03 inches, breaking their previous record of 13.90 inches in 1872.

2002: During the evening hours, a violent F4 tornado carved a 64-mile path across southeast Maryland. The La Plata, Maryland tornado was part of a larger severe weather outbreak that began in the mid-Mississippi Valley early on that day and spread across portions of the Ohio Valley and the Mid-Atlantic States. In Maryland, three deaths and 122 injuries were a direct result of the storm. Property damage exceeded \$100 million. Tornadoes along the Atlantic coast are not frequent, and tornadoes of this magnitude are extremely rare. Only six F4 tornadoes have occurred farther north and east of the La Plata storm: Worchester, Massachusetts - 1953; New York/Massachusetts - 1973; Windsor Locks, Connecticut - 1979; five counties in New York - 1989; New Haven, Connecticut - 1989; North Egremont, Massachusetts - 1995. None was as close to the coast. The tornado traveled across the Chesapeake Bay almost to the Atlantic.

1921 - A severe hailstorm in Anson County, NC, produced hail the size of baseballs. Gardens, grain fields and trees were destroyed. Pine trees in the storm's path had to be cut for lumber because of the hail damage. (The Weather Channel)

1928 - A coastal storm produced tremendous late season snows in the Central Appalachians, including 35 inches at Bayard WV, 31 inches at Somerset PA, and 30 inches at Grantsville MD. High winds accompanying the heavy wet snow uprooted trees and unroofed a number of homes. The storm caused great damage to fruit trees and wild life. (David Ludlum) (The Weather Channel)


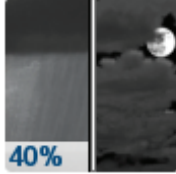



1987 - Twenty cities in the western and central U.S. reported record high temperatures for the date. Highs of 95 degrees at Houston TX, 95 degrees at Lake Charles LA, and 94 degrees at Port Arthur TX, were April records. (The National Weather Summary)

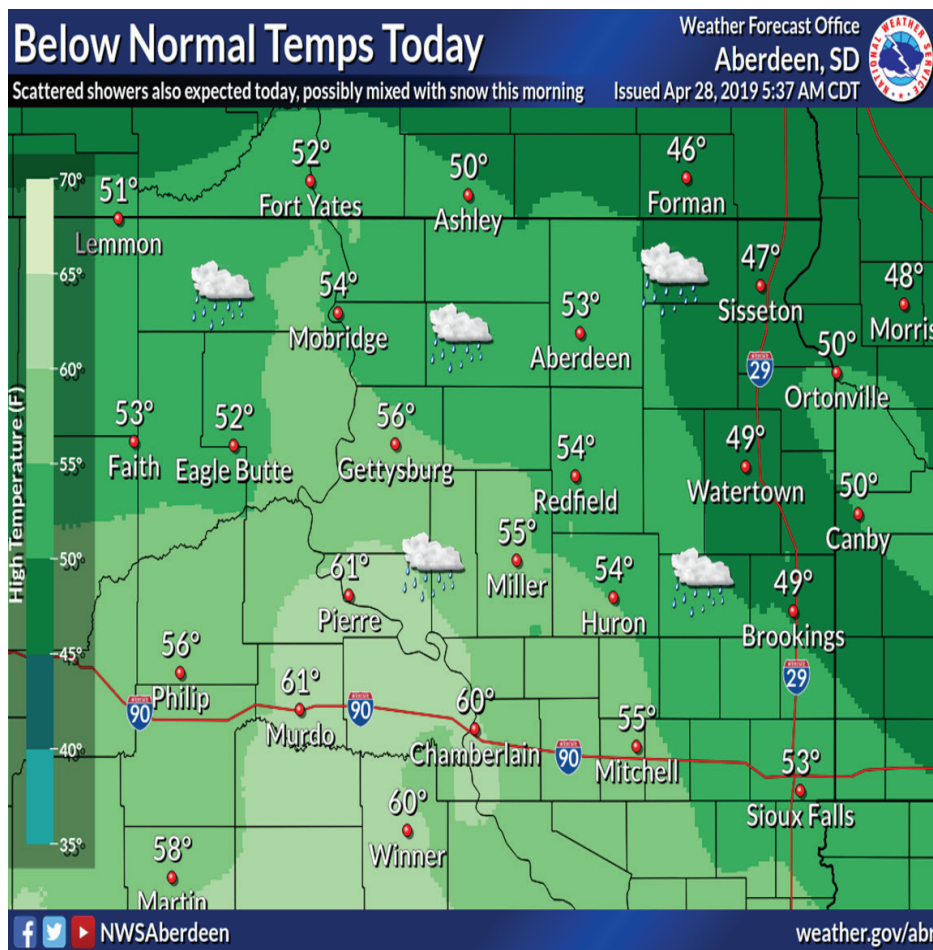
1988 - Miami, FL, hit 92 degrees, marking a record eight days of 90 degree heat in the month of April. Squalls produced snow in the Washington D.C. area. Belvoir VA reported a temperature reading of 57 degrees at the time the snow began. (Storm Data) (The National Weather Summary)

1989 - Strong northerly winds and heavy snow ushered cold air into the north central U.S. Snowfall totals in Montana ranged up to 20 inches at Miles City. Thunderstorms produced severe weather from eastern Texas to the Southern Appalachians and the southern Ohio Valley. Hail four and a half inches in diameter was reported at Keller TX and White Settlement TX. (Storm Data) (The National Weather Summary)

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Today	Tonight	Monday	Monday Night	Tuesday
				
50%	40%	20% 20%		30% 40%
Chance Showers and Breezy	Chance Showers then Mostly Cloudy	Slight Chance Rain/Snow then Slight Chance Showers	Mostly Cloudy	Chance Rain/Snow then Chance Showers
High: 52 °F	Low: 36 °F	High: 46 °F	Low: 32 °F	High: 50 °F



Published on: 04/28/2019 at 6:50AM

An area of low pressure will move into the Dakotas today. Ahead of this system, scattered showers can be expected this morning, then again during the afternoon hours. Skies will be mostly cloudy with below normal temperatures. The cooler than average temperatures will be felt through most of the upcoming week, along with additional precipitation chances. There are signs of a warm up by Friday and into the weekend.

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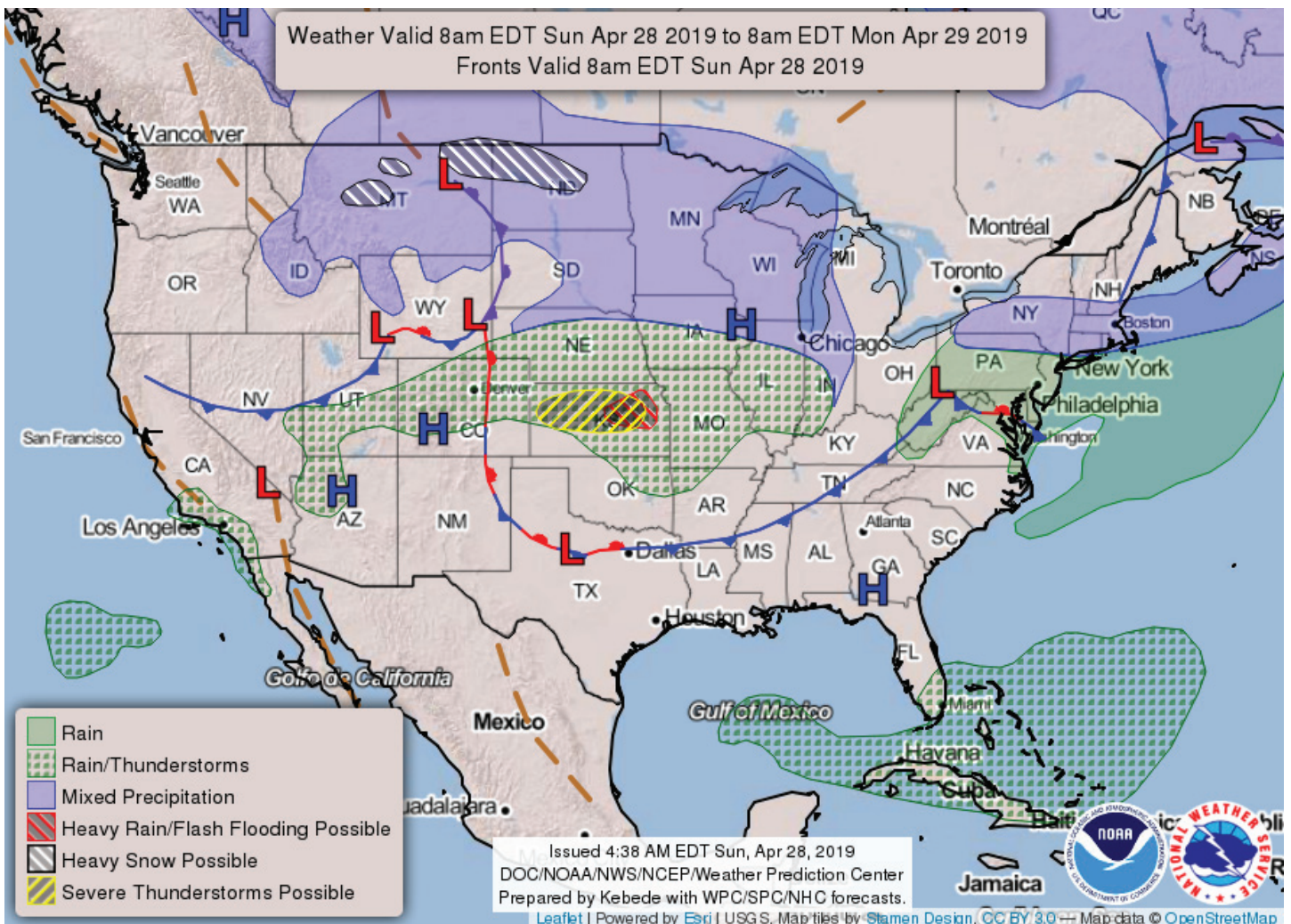
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Yesterday's Weather

High Outside Temp: 55 °F at 5:07 PM
Low Outside Temp: 38 °F at 5:35 AM
High Gust: 24 mph at 3:46 AM
Precip: 0.03

Today's Info

Record High: 90° in 1934
Record Low: 19° in 2008
Average High: 63°F
Average Low: 37°F
Average Precip in April.: 1.59
Precip to date in April.: 1.45
Average Precip to date: 3.77
Precip Year to Date: 4.49
Sunset Tonight: 8:36 p.m.
Sunrise Tomorrow: 6:25 a.m.



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IF AND WHEN

The Bible was not written to teach psychology. But, the Bible is psychologically sound and correct.

Consider Proverbs 12:25: Anxiety weighs down the heart, but a kind word cheers it up. The writer does not profess to be a diagnostician, but he certainly is insightful.

Recently a study on anxiety disorders concluded that 40 million Americans, or 18.1% of our population, are plagued with fears that, from time to time, trouble them deeply. It is also a known fact that anxiety can lead to depression.

From wisdom that came from God, Solomon made the same diagnosis. Notice that he said, Anxiety weighs down the heart. The words weigh down imply a state of depression. Our author, with Gods guidance and insight, described people whose anxiety is coupled with fear or worry which as I mentioned earlier, can lead to depression.

All of us, at one time or another, have had those moments when we feared that something horrible was about to overtake or destroy us. When those feelings came to the surface, it was natural to feel weighted down, either oppressed or depressed. And, when this happens, it is normal and natural to look for encouragement and support. How tragic if no one was there to help us or share a kind word to cheer us up and lift the weight.

Notice, however, that Solomon was not talking to a behavioral health specialist. He was talking to people like us who have the ability to recognize the lonely, the sad, the worried, the anxious, and depressed. Often people, also like us, only need a word of grace, comfort, encouragement or ... simply a smile, to bring them hope, health, and happiness.

Prayer: We thank You, Father, for giving us Your love to share with others. May we be alert to those around us who need Your love and kindness and offer them hope. In Jesus Name, Amen.

Scripture For Today: Anxiety weighs down the heart, but a kind word cheers it up.

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2019 Groton SD Community Events

- 01/27/2019 Carnival of Silver Skates 2pm & 6:30pm (Last Sunday of January)
- 03/17/2019 Legion Post #39 Spring Fundraiser (Sunday closest to St. Patrick's Day, every other year)
- 04/13/2019 Easter Egg Hunt (Saturday a week before Easter Weekend)
- 04/27/2019 Fireman's Stag (Same Saturday as GHS Prom)
- 05/04/2019 Spring City-Wide Rummage Sales (1st Saturday in May)
- 05/27/2019 Legion Post #39 Memorial Day Program (Memorial Day)
- 06/13/2019 Transit Fundraiser (Thursday Mid-June)
- 06/14/2019 SDSU Golf Tournament at Olive Grove Golf Course
- 06/15/2019 Triathlon (Saturday before Father's Day)
- 06/21/2019 Best Ball Golf Tourney
- 06/22-23/2019 Groton Junior Legion Tournament
- 06/29/2019 Groton U10/U12 Round Robin Tournament
- 07/04/2019 Firecracker Golf Tourney (4th of July)
- 07/14/2019 Summer Fest/Car Show (Sunday Mid-July)
- 07/18/2019 Olive Grove Golf Course Pro Am Tournament
- 07/21/2019 Granary Ice Cream Social & Family Music Fest
- 08/02/2019 Olive Grove Golf Course Wine on Nine
- 08/09-11/2019 State Junior Legion Tournament in Groton
- 08/22/2019 First Day of School
- 09/07/2019 Fall City-Wide Rummage Sales (1st Saturday after Labor Day)
- 09/08/2019 Sunflower Classic at Olive Grove Golf Course
- 09/08/2019 Granary Living History Fall Festival
- 10/12/2019 Pumpkin Fest (Saturday before Columbus Day)
- 10/11/2019 Lake Region Marching Band Festival (2nd Friday in October)
- 10/31/2019 Trunk or Treat/Halloween on Main (Halloween)
- 11/09/2019 Legion Post #39 Turkey Shoot (Saturday closest to Veteran's Day)
- 12/07/2019 Olive Grove Golf Course Holiday Party
- 12/07/2019 Santa Claus Day at Professional Management Services
- Bingo: every Wednesday, Labor Day-Memorial Day, 6:30pm at the Legion Post #39

2020 Groton SD Community Events

- 4/4/2020 Easter Egg Hunt (Saturday a week before Easter Weekend)
- 4/25/2020 Fireman's Stag (Same Saturday as GHS Prom)
- 5/2/2020 Spring City-Wide Rummage Sales (1st Saturday in May)

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News from the **AP** Associated Press

SD Lottery

By The Associated Press undefined

PIERRE, S.D. (AP) _ These South Dakota lotteries were drawn Saturday:

Dakota Cash

01-04-11-19-32

(one, four, eleven, nineteen, thirty-two)

Estimated jackpot: \$314,000

Lotto America

01-11-44-47-52, Star Ball: 7, ASB: 4

(one, eleven, forty-four, forty-seven, fifty-two; Star Ball: seven; ASB: four)

Estimated jackpot: \$18.85 million

Mega Millions

Estimated jackpot: \$229 million

Powerball

02-29-41-45-62, Powerball: 6, Power Play: 3

(two, twenty-nine, forty-one, forty-five, sixty-two; Powerball: six; Power Play: three)

Estimated jackpot: \$166 million

Nominate a woman? Some Democratic women aren't so sure

By ALEXANDRA JAFFE, JULIE PACE and HUNTER WOODALL Associated Press

TIPTON, Iowa (AP) — Iowa voters sent a record number of women to the Legislature during last year's midterms. Women won two of the state's most competitive U.S. House races, and a woman was elected governor for the first time.

Yet across Iowa, there's palpable anxiety among some Democratic women about nominating a female candidate to face off against President Donald Trump next year.

"I want to be for a woman, but it's just hard when you see a lot of other people not supporting women yet. I feel that America's just not there yet," said Wendy McVey, a 20-year-old junior at Iowa State University who is most interested in Beto O'Rourke, a former Texas congressman.

And it's not just Iowa.

Across Iowa, New Hampshire and South Carolina, three of the first states to hold 2020 nominating contests, dozens of women told The Associated Press that they are worried about whether the country was ready to elect a woman as president. Their concerns are political and personal, rooted as much in fear of repeating Hillary Clinton's 2016 loss to Trump as in their own experiences with sexism and gender discrimination.

These worries have created a paradox for Democrats.

Women are among the party's most energized and engaged voters, accounting for more than half the electorate in the 2018 midterms. Democrats sent a historic number of women to Congress last year and have a record number of women running for president, including Sens. Kamala Harris of California, Elizabeth Warren of Massachusetts, Amy Klobuchar of Minnesota and Kirsten Gillibrand of New York.

But the Oval Office has been elusive, and given Democrats' deep desire to oust Trump, some don't want to take any chances with their nominee.

"I think a lot of people voted for him because they didn't want to vote for her," Katrina Riley, a 69-year-old from Summerville, South Carolina, said of the 2016 contest between Trump and Clinton. "And I don't want that to happen again."

Helen Holden Slottje, a 52-year-old New Hampshire attorney, noted the irony in women raising concerns

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about nominating a woman.

"I fear for that with women, that it's, 'Well, we had our chance. We had Hillary. Hillary didn't pan out. Best to just pick another 65-year-old plus white guy who has the best chance of winning,'" Slottje said.

Older white men do sit atop most early polls: former Vice President Joe Biden, 76, and Vermont Sen. Bernie Sanders, 77. Two younger white men, O'Rourke and Mayor Pete Buttigieg of South Carolina, have become media darlings despite having less political experience than many of the women in the White House race.

Amanda Hunter, research and communications director at the Barbara Lee Foundation, which studies how female candidates are perceived in politics, said women face particular challenges when running for president that they don't at the local level.

"We know that it's one thing to support women as a decision-maker as part of a legislative body, but if she's the decision-maker, voters need to be that much more convinced that she's up to the job," she said. "Men can put out their resume. Women have to justify over and over what they've accomplished."

A Pew Research Center report from July 2018 backs up that assessment. According to the survey, 76% of women said a major reason why there are fewer women in office is that women have to do more to prove themselves. About 60% of women said they believe gender discrimination is an obstacle, and 57% of women said they didn't believe Americans were ready to elect a woman to higher office.

"I feel like we ourselves have lived in a country where women's power and leadership has been so absent," said Cecile Richards, the former president of Planned Parenthood. "I think it's hard even for women to imagine a future of real equity but I think that time has come."

Advisers to some of the women in the crowded Democratic field said early polling and focus groups have revealed similar concerns among voters about electing a woman. "A Hillary hangover," one said.

In focus groups, women have said they want a candidate who can go toe-to-toe with Trump on a debate stage. Despite the fact that Clinton was broadly seen as the better prepared candidate in her three debates with Trump, some women have said the moment they remember most was Trump looming over Clinton and following her as she walked across the stage.

Jennifer Palmieri, who advised Clinton's 2016 campaign, urged women to "not be scared of the 2016 phantoms."

"Women voters who want to support a woman candidate should not overthink this but have courage of their convictions and believe in their power to make a difference," Palmieri said. "That's what women did in 2018 and look what happened."



FILE - In this Tuesday, Jan. 15, 2019 file photo, Iowa Gov. Kim Reynolds, center, is escorted into the Iowa House chambers to deliver her Condition of the State address before a joint session of the Iowa Legislature at the Statehouse in Des Moines, Iowa. Iowa voters sent a record number of women to the Legislature during last year's midterms. Women won two of the state's most competitive U.S. House races, and a woman was elected governor for the first time. Yet across Iowa, there's palpable anxiety among some Democratic women about nominating a female candidate to face off against President Donald Trump next year. (AP Photo/Charlie Neibergall)

In the aftermath of the 2016 election, Clinton has said she believes sexism and misogyny contributed to her loss. Some of the women in the 2020 race haven't shied away from those issues.

"If you ask the question, is there gender bias in America today? Absolutely," said Gillibrand. "Is there gender bias in every industry? Absolutely. But I think for each of us, we can overcome it."

Warren recounts becoming a teacher but not being "asked back" to work the next year by the principal after she became pregnant. She makes subtle references to some of the sexism she's faced on Capitol Hill.

At a Friday event in Tipton, Iowa, she told the crowd that when she talks to colleagues in the Senate, they tell her "you're asking for too much" with her campaign platform.

"Don't ask for such hard things. Smile more," she said she's been told, using language familiar to many women.

The crowd erupted in boos and groans.

Pace reported from Summerville, South Carolina, and Woodall from Portsmouth, New Hampshire.

Associated Press writer Hannah Fingerhut in Washington contributed to this report.

AP FACT CHECK: Unraveling the mystery of whether cows fart

By CALVIN WOODWARD and SETH BORENSTEIN Associated Press

WASHINGTON (AP) — Let's clear the air about cow farts.

In the climate change debate, some policymakers seem to be bovine flatulence deniers.

This became apparent in the fuss over the Green New Deal put forward by some liberal Democrats. More precisely, the fuss over an information sheet issued by the plan's advocates.

With tongue in cheek or foot in mouth, depending on whom you ask, the statement's authors said that despite the plan's proposals for strong limits on emissions over a decade, "we aren't sure that we'll be able to fully get rid of farting cows and airplanes that fast."

Airplanes don't fart. But cows?

Exasperated by merciless mocking from Republicans on this matter, Democratic Sen. Debbie Stabenow of Michigan lectured the Senate majority leader, Mitch McConnell, on the floor of the chamber last month.

"The Republican majority leader said that we want to end air travel and cow farts," Stabenow said. "By the way, just for the record, cows don't fart. They belch."

The Associated Press surveyed global experts on global warming on this question, as well as an author who wrote the definitive science book on gassy animals, which comes with funny pictures.



FILE - In this May 8, 2018, filephoto, a Jersey cow feeds in a field on the Francis Thicke organic dairy farm in Fairfield, Iowa. Let's clear the air about cow farts. In the climate-change debate, some policy makers seem to be bovine flatulence deniers. This became apparent in the fuss over the Green New Deal put forward by some liberal Democrats. More precisely, the fuss over an information sheet issued by the plan's advocates. (AP Photo/Charlie Neibergall, File)

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THE FACTS: Cows fart. That contributes to global warming. But cow burps are worse for the climate.

"Cows are pretty disgusting eaters, with methane coming from both ends," said Christopher Field at the Stanford Woods Institute for the Environment. "But most of it comes from burping."

Field cited the "classic quote from the technical literature" on the topic: "Of the CH₄ (methane) produced by enteric fermentation in the forestomach 95% was excreted by eructation (burp), and from CH₄ produced in the hindgut 89% was found to be excreted through the breath."

In a nutshell, belches are bad news.

At Tuscia University in Viterbo, Italy, environmental scholar Giampiero Grossi said methane emitted by ruminant livestock accounts for about 5.5% of the greenhouse gasses that come from human activity. More than 70% of livestock emissions are from cattle, he said.

"Ruminants are a significant source of methane," which traps more heat than carbon dioxide but doesn't last as long in the air, said Kristie Ebi, director of the Center for Health and the Global Environment at the University of Washington in Seattle. "The belches have to do with digesting their food" in the stomach compartments, not intestines, and that fermentation produces methane.

Warming from the burning of fossil fuels is roughly 10 times to 17 times greater than warming caused by livestock burping and farting, Field said.

GASEOUS POLITICS

For all of that, the Green New Deal does not seek to ban cows or planes as it sets ambitious targets to eliminate most greenhouse gas emissions responsible for global warming by 2030.

Democratic leaders in Congress have largely shunned the plan, considering it politically fraught. Many Republicans are a hard sell on the reality of human-caused climate change at all and apt to be dismissive about livestock's part in it.

Politicians and other nonscientists who reject mainstream climate science cite cow farts and airplane travel as "a go-to rhetorical weapon they use against having a serious discussion" about how climate change is already causing dramatic and deadly changes, such as the extreme weather of 2018, Georgia Tech climate scientist Kim Cobb said.

"It's a form of mockery," said Anthony Leiserowitz, director of the Yale Program on Climate Change Communication. "They're trying to whip up their own base's opposition to any kind of action."

According to the U.S. government's 2018 National Climate Assessment report: "Climate change is transforming where and how we live and presents growing challenges to human health and quality of life, the economy, and the natural systems that support us."

WHAT FARTS, WHAT DOESN'T?

"Does It Fart?" a book by Dani Rabaiotti of the Zoological Society of London and Virginia Tech conservationist Nick Caruso, answers the question it poses about dozens of species.

Millipedes fart, no doubt discreetly.

Several species of herring communicate with each other that way. If you startle a zebra, says the book, it will fart with each stride as it runs away. Flatulence signals a baboon is ready to mate.

For the Bolson pupfish, found in Mexico, it's fart or die. They feed on algae that make them buoyant, easy prey near the surface. Farts sink them to safety. Similarly, manatees may let loose when it's time to dive deeply.

Whale farts are, of course, epic.

Birds and most sea creatures don't. Clams clam up, though they've been known to throw up.

The jury is out on spiders: More research is needed.

From London, Rabaiotti said methane emissions from cattle are belch-focused because the gas is produced near the start of their digestive system and comes up when they regurgitate their food to chew the cud.

One answer, she says: "Just cut down beef to, say, once a week or once a month and replace it with

chicken or pork or options without meat. Emissions from dairy are lower per food serving than emissions from beef so cutting down dairy will reduce your carbon footprint less but it's another area where people can easily lower their emissions, particularly for people that are already vegetarian."

And for the record, says this authority on the animal kingdom's ruder moments, "Yes, cows do fart."

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Cuts are coming. Can Pelosi and McConnell make a deal?

By ANDREW TAYLOR Associated Press

WASHINGTON (AP) — House Speaker Nancy Pelosi and top Senate Republican Mitch McConnell, Washington's odd couple, have a limited set of mutual legislative interests in a capital beset by dysfunction and awash in presidential politics.

But automatic spending cuts, the legacy of a budget breakdown eight years ago, are bringing the power duo together to see if a deal can be made.

At stake are tens of billions of dollars for military and domestic programs, money that brings together a broad spectrum of lawmakers, including pragmatists hoping to see the Capitol function.

There is plenty of time to reach agreement, but failure could usher in spending cuts of \$125 billion next year, a 10 percent drop from current levels. Looming over it all is the record 35-day partial government shutdown earlier this year, still a fresh memory and a disruption no one wants to repeat.

McConnell, R-Ky., and Pelosi, D-Calif., have been players in numerous bipartisan budget deals, and their mutual support is an essential ingredient if any new one is to succeed. Early signs seem iffy at best.

President Donald Trump is not a fan of the effort. Trump's budget proposes an increase in defense spending to \$750 billion but would keep the cuts to domestic agencies and foreign aid in place, though that was an impossible formula to sustain even before Democrats took back the House.

Forces inside Trump's White House appear opposed as well, at least to the kind of everybody-gets-something bipartisan deals that can make it through the system. Three previous agreements have denied Trump the money he demanded to build a U.S.-Mexico border wall, and he has signed them reluctantly.

The White House seems more interested in speedy action on legislation to increase the government's borrowing limit, which must be passed to avoid defaulting on its obligations. Trump's team worries that



FILE - In this March 21, 2018, file photo Nancy Pelosi of Calif., and Senate Majority Leader Mitch McConnell of Ky., attend a Congressional Gold Medal Ceremony honoring the Office of Strategic Services in Emancipation Hall on Capitol Hill in Washington. Pelosi and McConnell are coming together to see if a deal can be made to stop billions of dollars in government spending cuts. Failure to reach an agreement would usher in cuts to the Pentagon and domestic programs of \$125 billion next year — a 10 percent drop from current levels. (AP Photo/Andrew Harnik, File)

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marrying the two issues might prove too toxic for GOP allies on Capitol Hill.

On the spending picture, acting White House chief of staff Mick Mulvaney, architect of Trump's annual budget from his former post as budget director, is seen as an obstacle, along with current budget chief Russ Vought, a hard-line conservative.

The White House has made it plain in private that it could live with a fallback deal of a freeze at current levels, even though that would deny the Pentagon its requested increase.

Trump tweeted this month: "House Democrats want to negotiate a \$2 TRILLION spending increase but can't even pass their own plan. We can't afford it anyway, and it's not happening!" Trump's \$2 trillion figure reflects what a deal could cost over 10 years.

Pelosi does have some problems on her left flank, which this month blocked a leadership-backed measure to set new budget limits reflecting Democratic domestic priorities. Liberals such as Reps. Pramila Jayapal of Washington state and Ro Khanna of California stifled the plan, saying it shortchanged domestic programs.

"It's obvious they can't agree among themselves how much they want to spend," McConnell recently told reporters. He said the only possibility he sees is a bipartisan agreement that "the most liberal members of her party don't vote for and the most conservative members of my party don't vote for."

McConnell insists he and Pelosi can deliver as they have in the past, and both have long histories on the powerful House and Senate Appropriations committees, for years as the top negotiators over the annual foreign aid bill. But Washington's partisanship and the battles over Democratic investigations of Trump aren't helping now, and Trump's unpredictability could unravel things at any time.

What's more, there isn't pressure to reach a deal quickly. At immediate stake is the setting of upper boundaries, or "caps," on about \$1.3 trillion in annual appropriations passed by Congress for agency operations. Actually divvying up the money comes during lengthy consideration of 12 individual spending bills.

Both the House and Senate routinely bust the Sept. 30 deadline for the spending legislation, and both the House and Senate Appropriations committees plan to begin work on their 12 bills regardless. Washington's rules dictate that the spending cuts wouldn't actually strike until next year.

Past deals, including the 2011 budget pact between President Barack Obama and GOP leaders, have typically hitched a ride on must-do legislation to increase the government's borrowing cap, though the need to raise that limit doesn't come into play until late this summer or early fall.

Also, McConnell may be more eager for a deal than Pelosi. Senate rules and traditions mandate that the process in that chamber be bipartisan if it is to succeed.

But in the House, majority Democrats don't need GOP help at the outset to pass the bills.

The leader of the House Appropriations Committee, Rep. Nita Lowey, D-N.Y., is kicking off action this week, starting with health and education programs.

For now, the two sides plan to plug along in hopes of forestalling the prospect of across-the-board cuts and minimizing the chaos.

"Pelosi and McConnell do not want to go through another government shutdown," said Bill Hoagland, a longtime Senate budget aide and an analyst with the Bipartisan Policy Center.

New Hampshire Democrats push 2020 hopefuls on voting rights

By HUNTER WOODALL Associated Press

DOVER, N.H. (AP) — New Hampshire Democrats are looking for help from their party's presidential candidates in overturning a law they claim will make it harder for some college students to vote.

At campaign events across the state, White House hopefuls are being pressed to speak out against the 2018 law. It subjects college students who come from other states to residency requirements such as getting a New Hampshire driver's license if they study and vote in the state.

The law doesn't take effect until July. But Democratic activists and voters are arguing this is a moment for presidential candidates to take a stand against GOP moves to weaken access to the ballot box in New Hampshire and elsewhere. President Donald Trump has popularized false claims about widespread voter fraud.

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The issue needs to be talked about more, including on the 2020 debate stage, said Garrett Muscatel, a Dartmouth College student who won a state House seat in New Hampshire last fall.

"People often don't think of New Hampshire as a place where voter suppression is occurring, but it is very real," Muscatel said.

Democratic Sen. Jeanne Shaheen recently sent the declared 2020 presidential candidates a letter urging them to sign "a petition publicly denouncing this voter suppression law." So far, 16 of the 2020 contenders, including all six senators running for president, have signed on.

Republicans have strongly defended the law. GOP state Sen. Regina Birdsell said in a statement that she is "disappointed that Jeanne Shaheen is using her time to push the false narrative that voter suppression is taking place in New Hampshire." She defended the legislation as "an attempt to make our elections cleaner and fairer."

Efforts to tighten voting laws have become a hyper-partisan issue sweeping through statehouses in recent years and Democrats bidding for the White House seem eager to push back. The 2020 candidates have offered a range of solutions that span from the difficult, and unlikely, path of amending the Constitution to reviving voting rights measures filed and left for dead in Congress.

During a rally in Exeter in March, Sen. Elizabeth Warren of Massachusetts noted her support for a constitutional amendment to "protect the right to vote for every American citizen and make sure their votes get counted."

She pledged to "roll back every damn one of these voter suppression laws."

Even the easiest path for changing the Constitution is strenuous, with any measure needing two-thirds support in both the House and Senate before it can make it to states for another hurdle where it would need to be approved by 38 of the 50 states.

Other Democrats in the presidential race have offered ideas such as same-day voter registration, restoring the voting rights of people who have been incarcerated and making Election Day a holiday. Sen. Amy Klobuchar of Minnesota proposes universal registration for eligible voters when they turn 18.

Sen. Kirsten Gillibrand of New York echoed many of those ideas during a recent visit to Concord.

"We need to take on these legislatures across the country that are trying to undermine people's rights to vote," she said. "I hope we can have a national campaign about how to strengthen voting rights in this country and really push back."

Other solutions require fewer hurdles.

During a stop in Dover, Sen. Cory Booker of New Jersey called on the Justice Department to "actually do voter rights investigations."

"We've got to not only have the right laws, but we've got to have a Justice Department that's actively willing to fight to make sure that those laws are being upheld," Booker said.

___ Associated Press writer Holly Ramer contributed to this report from Concord, New Hampshire.



FILE - In this Oct. 6, 2018, file photo, Sen. Jeanne Shaheen, D-N.H., talks with a reporter on Capitol Hill in Washington. New Hampshire Democrats are looking for help from their party's presidential candidates in overturning a law they claim will make it harder for some college students to vote. (AP Photo/Alex Brandon, File)

Leaders struggle to make sense of fatal attack on synagogue

By ELLIOT SPAGAT and DAISY NGUYEN Associated Press

POWAY, Calif. (AP) — The rabbi who led a service on the last day of Passover suffered a gunshot wound to his hands and two others endured shrapnel wounds as political, civic and religious leaders across the country struggled to make sense of another fatal attack on a house of worship six months after a mass shooting in a Pittsburgh synagogue.

John T. Earnest, 19, surrendered to a police after bursting into Chabad of Poway, north of San Diego on Saturday and opening fire with about 100 people inside, killing Lori Kayne, 60, and injuring Rabbi Yisroel Goldstein, Noya Dahan, 8, and Almog Peretz, 34, authorities said.

Earnest, who had no previous contact with law enforcement, may be charged with a hate crime in addition to homicide, San Diego County Sheriff William Gore said. Earnest is also being investigated in connection with an arson attack on a mosque in nearby Escondido, California, on March 24.

"Any time somebody goes into a house of worship and shoots the congregants, in my book, that's a hate crime," Poway Mayor Steve Vaus said.

There were indications an AR-type assault weapon might have malfunctioned after the gunman fired numerous rounds inside, Gore said. An off-duty Border Patrol agent working as a security guard fired at the shooter as he fled, missing him but striking his getaway vehicle, Gore said.

Shortly after fleeing, Earnest called 911 to report the shooting, San Diego Police Chief David Nisleit said. When an officer reached him on a roadway, "the suspect pulled over, jumped out of his car with his hands up and was immediately taken into custody," Nisleit said.

Audrey Jacobs, a friend of the slain woman, said on Facebook that Kane was "taking bullets" for the rabbi to save his life and the rabbi continued to give his sermon after being shot.

Almog Peretz, 31, who had moved to California a few months ago from the rocket-battered town of Sderot in southern Israel near the Gaza border, said a man entered the synagogue and started shooting in all directions.

"I was with my back to the shooter. I heard a shot or two and then turned around to face him and that's when he fired at me. I ran quickly, picking up a small girl in my hands," he recalled in conversation with the Israeli YNet news site. "He hit me once in the leg and I kept running. I didn't feel it much since there were so many bullets flying by. I heard them and I saw them right next to me."

Gore said authorities were reviewing copies of Earnest's social media posts, including what he described as a "manifesto."

A person identifying themselves as John Earnest posted an anti-Jewish screed online about an hour



Heavily armed San Diego police officers approach a house thought to be the home of 19 year-old John T. Earnest, who is a suspect in the shooting of several people in a Poway synagogue, on Saturday, April 27, 2019, in San Diego, Calif. A gunman used an AR-type assault weapon to shoot worshippers at Chabad of Poway, San Diego County Sheriff William Gore said. (John Gibbins/The San Diego Union-Tribune via AP)

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before the attack. The poster described himself as a nursing school student and praised the suspects accused of carrying out deadly attacks on mosques in New Zealand last month and at Pittsburgh's Tree of Life synagogue Oct. 27.

California State University, San Marcos, confirmed Earnest was a student on the dean's list and said the school was "dismayed and disheartened" that he was suspected in "this despicable act."

There was no known threat after Earnest was arrested, but authorities boosted patrols at places of worship as a precaution, police said.

Minoo Anvari, a member of the synagogue, said her husband was inside during the shooting. She said he called to tell her the shooter was shouting and cursing.

She called the shooting "unbelievable" in a peaceful and tight-knit community. "We are strong; you can't break us," Anvari said.

Rabbi Yonah Fradkin, executive director of Chabad of San Diego County, said that "in the face of senseless hate we commit to live proudly as Jews in this glorious country. We strongly believe that love is exponentially more powerful than hate. We are deeply shaken by the loss of a true woman of valor, Lori Kaye, who lost her life solely for living as a Jew."

Donny Phonea, who lives across the street from the synagogue, turned off his power drill and heard someone shout, "Police!" Then he heard three or four shots.

The 38-year-old bank auditor looked over his backyard fence facing the synagogue and saw people hiding behind an electrical box in the parking lot of a neighboring church. At that point, he knew something was "very, very wrong," went inside and closed his doors and garage.

"I'm a little taken aback," said Phonea, who moved to Poway two weeks ago. "I moved here because safety was a factor. Poway is very safe."

President Donald Trump offered his sympathies Saturday, saying the shooting "looked like a hate crime."

"Our entire nation mourns the loss of life, prays for the wounded and stands in solidarity with the Jewish community," Trump said later at a rally in Wisconsin. "We forcefully condemn the evils of anti-Semitism and hate, which must be defeated."

Democratic Gov. Gavin Newsom said he joins the community in grief.

"No one should have to fear going to their place of worship, and no one should be targeted for practicing the tenets of their faith," he said.

Nguyen reported from San Francisco.

With churches shut after bombs, Sri Lankans hear Mass on TV

By JON GAMBRELL and KRISHAN FRANCIS Associated Press

AMPARA, Sri Lanka (AP) — Sri Lanka's Catholics celebrated Mass in their homes via a televised broadcast on Sunday as churches across the island nation shut over fears of militant attacks, a week after the Islamic State-claimed Easter suicide bombings killed over 250 people.

Cardinal Malcolm Ranjith, the archbishop of Colombo, delivered a homily before members of the clergy and the country's leaders in a small chapel at his Colombo residence — an extraordinary measure underlining the fear still gripping this nation of 21 million people.

"This is a time our hearts are tested by the great destruction that took place last Sunday," Ranjith said. "This is a time questions such as, does God truly love us, does he have compassion toward us, can arise in human hearts."

In a rare show of unity, President Maithripala Sirisena, Prime Minister Ranil Wickremesinghe and opposition leader Mahinda Rajapaksa attended the Mass. Their political rivalry and government dysfunction are blamed for a failure to act upon near-specific information received from foreign intelligence agencies that preceded the bombings, which targeted three churches and three luxury hotels.

Police, meanwhile, entered the main mosque of National Towheed Jamaat on Sunday afternoon, just a

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day after authorities declared it and another organization terror groups over the bombings.

Police entered the mosque, located in Kattankudy in eastern Sri Lanka, and stopped an interview among foreign journalists and mosque officials. Later, a senior police officer dispersed journalists waiting outside, saying authorities were conducting a "cordon and search operation."

Police then left, locking up the mosque just before afternoon prayers were to start.

Authorities banned National Towheed Jamaat over its ties to Mohamed Zahran, the alleged mastermind of the Easter attacks.

Police also announced the arrests of two of five people wanted in connection with the attacks after their pictures were distributed publicly.

Police spokesman Ruwan Gunasekara said the two, Mohamed Ivuhayim Shahid Abdul Haq and Mohamed Ivuhayim Sadiq Abdul Haq, were arrested in Nawalapitiya, 125 kilometers (77 miles) east of Colombo, the capital. The three others, all women, remain at large. Police did not elaborate on what roles they may have played.

In the eastern district of Ampara, where a gunfight and explosions left 15 people dead following a police raid on Friday, soldiers guarded St. Mary Magdalen's Church. A sign on the gate said the church and the school would be closed until May 6. A nearby mosque also had soldiers stationed outside.

At the YMCA, a group of young girls held Sunday school near a portrait of Christ. Sajith Liyanage, a 51-year-old Catholic, said he remained worried and would watch Mass on TV.

"We can't understand what the situation is right now," Liyanage said.

At Ampara's weekly Sunday market, police officers walked explosive-sniffing dogs past ripe-yellow bananas, pineapples and coconuts. Officers also searched women's bags and pushed aside brown fallen leaves, checking the grounds for any bombs.

"Everything is falling apart because of this issue. Business is almost nonexistent," said vendor Chandima Krishanthi. "That is how we are living right now."

"Even though the security forces are here, it's not like earlier. We are living in fear. It's nothing like it used to be," she said.

The Islamic State group claimed three of the militants who blew themselves up during the police raid in Ampara.

In a statement carried by the extremists' Aamaq news agency, IS identified the bombers by their noms du guerre as Abu Hammad, Abu Sufyan and Abu al-Qa'qa. It said they opened fire with automatic weapons and "after exhausting their ammunition, detonated ... their explosive belts."

Sri Lanka's military said the gunfight Friday night near the town of Sammanthurai left 15 dead, including six children, when militants opened fire and set off explosives in suicide bombings as security forces closed in on their safe house.



Sri Lankan Catholics pray standing on a road during a brief holly mass held outside the exploded St. Anthony's Church marking the seventh day of the Easter Sunday attacks in Colombo, Sri Lanka, Sunday, April 28, 2019. Sri Lanka's Catholics on Sunday awoke preparing to celebrate Mass in their homes by a televised broadcast as churches across the island shut over fears of militant attacks, a week after the Islamic State-claimed Easter suicide bombings.

(AP Photo/Eranga Jayawardena)

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At the main police station in Ampara, an outdoor stage now holds what police recovered after the fire. The IS-aligned militants had created a bomb-making factory at the home, complete with laboratory-style beakers and thick rubber gloves.

Bags of fertilizer, gunpowder and small ball bearings filled boxes. Police found tens of liters (gallons) of acids, used to make the fire of the blast more lethal.

A police investigator, who spoke to The Associated Press on condition of anonymity because he wasn't authorized to publicly comment, said the mix of acids worsened the wounds suffered by those who didn't immediately die in the blast.

"At the hospital a lot more people died. That's why," he said, nodding toward the acids. "It made the wounds incurable."

The bombers likely carried two rectangular detonators in their pockets similar to the ones recovered, the investigator said. A red switch armed the explosives, while a light teal button detonated the bombs hidden inside of their large backpacks.

Along with the acids, the bombs contained a mixture of fertilizer, gunpowder, ball bearings and explosives typically used by quarries to blast loose rocks, the investigator said. Those explosives made the bombs powerful enough to blow the roof off of St. Sebastian's Church in Negombo, he said, referring to one of the churches near Colombo targeted in the Easter attacks.

The Sri Lankan navy controls the sale of the mining explosives and investigators already have begun tracing the serial numbers off of the plastic sticks, he said. A notebook contained bomb-making instructions that had apparently been explained to the writer.

Police also recovered religious tracts in Tamil glorifying suicide bombings, saying they granted the attacker direct entrance to heaven.

"Their only intention is to kill as many as possible," the investigator said. "That is different that the Tamil Tigers. They wanted to control land. These people want to kill as many as possible," he said, referring to the minority Tamil separatist rebels who were defeated a decade ago at the end of Sri Lanka's 26-year civil war.

The government on Saturday formally banned two extremist groups purportedly connected to the attacks, allowing officials to confiscate their property, presidential spokesman Dharmasri Ekanayake said.

Sri Lanka is majority Buddhist but has significant Hindu and Muslim populations. About 7% are Christian, and most are Roman Catholic.

Francis reported from Colombo, Sri Lanka. Associated Press journalists Gemunu Amarasinghe and Rishabh Jain contributed to this report.

'Terrifying': Crane falls on busy Seattle street, killing 4

By LISA BAUMANN Associated Press

SEATTLE (AP) — A construction crane fell from a building on Google's new Seattle campus during a storm that brought wind gusts, crashing down onto one of the city's busiest streets and killing four people.

One female and three males had died by the time firefighters had arrived Saturday afternoon, Fire Chief Harold Scoggins said. Two of the dead were ironworkers who had been inside the crane while the other two were people who were inside cars, Fire Department spokesman Lance Garland said.

A 25-year-old mother and her 4-month-old daughter were in a car that was smashed by the crane on its passenger side, and both managed to escape with only minor injuries, Seattle Mayor Jenny Durkan said, calling it a miracle. They and a 28-year-old man were taken to Harborview Medical Center. A fourth person also was injured and treated at the scene.

The crane collapsed near the often-congested intersection of Mercer and Fairview Avenue just north of downtown in the South Lake Union neighborhood shortly before 3:30 p.m., Scoggins said.

The deadly collapse is sure to bring scrutiny about the safety of the dozens of cranes that dot the city's skyline. With Amazon, Google and other tech companies increasing their hiring in Seattle, the city has

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more cranes building office towers and apartment buildings than any other in the United States. As of January, there were about 60 construction cranes in Seattle.

Durkan said the city had a good track record with crane safety but that officials would conduct a review. "It's a horrible day in Seattle when something like this happens. But it's a time when we come together because Seattle is a city that rallies around each other," she said.

Officials do not yet know the cause of the collapse. Police and the state Department of Labor and Industries were investigating, which Durkan said could take months.

Daren Konopaski, the business manager for the International Union of Operating Engineers Local 302, which represents heavy-equipment operators, told The Seattle Times he understood the crane was being dismantled when high winds moved through the area.

"We don't know, but that's what seems to have happened here," he said. "We are in the process of trying to get information."

Durkan confirmed that people were actively working on top of the building Saturday, but she didn't say whether the crane was being dismantled.

A line of showers moved over Seattle just about the time the crane fell, the National Weather Service said. An observation station on nearby Lake Union showed winds kicked up with gusts of up to 23 mph at 3:28 p.m., just about the time the crane fell.

"It was terrifying," witness Esther Nelson, a biotech researcher who was working in a building nearby, told the Times.

"The wind was blowing really strong," she said, and added that the crane appeared to break in half. "Half of it was flying down sideways on the building," she said. "The other half fell down on the street, crossing both lanes of traffic."

The office building the crane fell from was badly damaged, with several of its windows smashed.

A Google spokesperson said in a statement that the company was saddened to learn of the accident and that they were in communication with Vulcan, the real estate firm that is managing the site and working with authorities.

Harborview spokeswoman Susan Gregg said Saturday night that the mother and baby had been discharged, while the man injured was in satisfactory condition.

The King County Medical Examiner's Office said it would not release names of people who died until Monday.

A crane collapsed in the Seattle suburb of Bellevue in 2006, damaging three neighboring buildings and killing a Microsoft attorney who was sitting in his living room. The state Department of Labor and Industries cited two companies for workplace-safety violations after an investigation that found a flawed design



Police investigate the scene of a construction crane collapse near the intersection of Mercer Street and Fairview Avenue Saturday, April 27, 2019, in Seattle. Several people died and others were injured when a construction crane on the new Google Seattle campus collapsed Saturday, pinning cars underneath. (Dean Rutz/The Seattle Times via AP)

for the crane's base.

"Trudi and I join all Washingtonians in extending our deepest condolences to the family and friends of the four people who died in this afternoon's tragic accident," Washington state Gov. Jay Inslee said in a statement. Inslee also said he hoped for a speedy and full recovery for those injured, thanked first responders and urged people to stay clear of the accident scene.

Geranios reported from Spokane, Washington.

'THIS MUST STOP': Reaction to the synagogue shooting

By The Associated Press undefined

A gunman opened fire inside a synagogue near San Diego on Saturday as worshippers celebrated the last day of Passover, authorities said. The attack came exactly six months after 11 people were killed by a gunman at a Pittsburgh synagogue in October.

A sampling of reaction to Saturday's shooting:

"THIS MUST STOP. We are heart-broken — and appalled and outraged — by the news of the attack at the Poway Synagogue near San Diego today. This must stop. It was only six months ago to the day that we became members of that tragic club of community-based shootings to which no one wants to belong. We know first-hand the fear, anguish and healing process such an atrocity causes, and our hearts are with the afflicted San Diego families and their congregation. We will not give in to H(asterisk). We send our love and prayers to the Chabbad families. These senseless acts of violence and prejudice must end. Enough is enough!" — Pittsburgh's Tree of Life synagogue, site of the October shooting that killed 11, in a statement.



An exterior view of the Altman Family Chabad Community Center at the Chabad of Poway Synagogue Saturday, April 27, 2019, in Poway, Calif. Several people were injured in a shooting at the synagogue. (AP Photo/Denis Poroy)

"This shooting is a reminder of the enduring virulence of anti-Semitism. It must serve as a call to action for us as a society to deal once and for all with this hate. People of all faiths should not have to live in fear of going to their house of worship. From Charleston to Pittsburgh to Oak Creek and from Christchurch to Sri Lanka, and now Poway, we need to say 'enough is enough.'" —Jonathan A. Greenblatt, CEO of the Anti-Defamation League, in a statement.

"There is absolutely no justification or explanation for such violence, and it is inconceivable that, yet again, innocent people have been targeted simply for their religion and for choosing to attend a place of worship. ... There is no room for such hate-filled violence in our society. People of all faiths must stand together and declare that we will never tolerate such hatred." —Ronald S. Lauder, president of the World Jewish Congress, in a statement.

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"Now our thoughts are with the victims and their loved ones. But moving forward this must serve as yet another wake-up call that antisemitism is a growing and deadly menace. The Holocaust is a reminder of the dangers of unchecked antisemitism and the way hate can infect a society. All Americans must unequivocally condemn it and confront it in wherever it appears." — Sara J. Bloomfield, director of the United States Holocaust Memorial Museum, in a statement.

"My deepest sympathies go to the people that were affected — the families, the loved ones — by the, obviously, looks right now based on my last conversations — looks like a hate crime. Hard to believe, hard to believe. With respect to the synagogue in California near San Diego. We're doing some very heavy research. We'll see what happens, what comes up. At this moment it looks like a hate crime. But my deepest sympathies to all of those affected. And we'll get to the bottom of it. It looks like the person was apprehended, no more danger. And law enforcement has done a fantastic job." — President Donald Trump, speaking to reporters.

"Coming just six months after the horrific mass shooting at Tree of Life Synagogue in Pittsburgh, we are confronted with what appears to be another anti-Semitic attack. We all stand with the Jewish community against this act of hate." — U.S. House Speaker Nancy Pelosi, on Twitter.

"California sends our deepest and heartfelt condolences to the friends and families of the victims of today's shooting at the Chabad of Poway. ... We join the Poway community in its grief and, together with all Californians, recognize the bravery and heroism of our first responders. ... No one should have to fear going to their place of worship, and no one should be targeted for practicing the tenets of their faith." — California Gov. Gavin Newsom, in a statement.

"Hate has no place in ANY community ... least of all Poway. We will put our arms around each other and walk through this tragedy as the family we have always been and always will be." —Steve Vaus, mayor of Poway, on Twitter.

"We offer our prayers for those killed and wounded in San Diego. In this hateful environment, there is a target on the back of blacks and Jews. ... The environment is toxic. The winds are blowing and we must detoxify the environment. Those who do things to set the climate are equally responsible. 19-year-olds are not born hateful. It is developed and learned. We must ban assault weapons." —The Rev. Jesse Jackson, longtime civil rights activist

"We were shocked and grieved to hear of the shooting at Chabad of Poway, California yesterday. The murderous attack on the Jewish community during Pesach, our holiday of freedom, and just before Holocaust Memorial Day, is yet another painful reminder that anti-Semitism and hatred of Jews is still with us, everywhere. No country and no society are immune. Only through education for Holocaust remembrance and tolerance can we deal with this plague." —Israel President Reuven Rivlin

"I condemn the abhorrent attack on a synagogue in California; this is an attack on the heart of the Jewish people. We send condolences to the family of Lori Gilbert-Kaye and our best wishes for a quick recovery to the wounded. The international community must step up the struggle against antisemitism." ---Prime Minister Benjamin Netanyahu, in a statement,

"The State of Israel is sorrowful about the horrible terrorist attack at the Chabad of Poway Synagogue, where Lori Gilbert Kaye lost her life. Our hearts and prayers are with Lori's family and the wounded of this attack. We are here to assist the local Jewish community however and whenever necessary." ---Foreign Minister Israel Katz

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Today in History

By The Associated Press undefined

Today in History

Today is Sunday, April 28, the 118th day of 2019. There are 247 days left in the year.

Today's Highlight in History:

On April 28, 1945, Italian dictator Benito Mussolini and his mistress, Clara Petacci, were executed by Italian partisans as they attempted to flee the country.

On this date:

In 1758, the fifth president of the United States, James Monroe, was born in Westmoreland County, Virginia.

In 1788, Maryland became the seventh state to ratify the Constitution of the United States.

In 1789, there was a mutiny on the HMS Bounty as rebelling crew members of the British ship, led by Fletcher Christian, set the captain, William Bligh, and 18 others adrift in a launch in the South Pacific. (Bligh and most of the men with him reached Timor in 47 days.)

In 1918, Gavrilo Princip, 23, the assassin of Archduke Franz Ferdinand of Austria and the archduke's wife, Sophie, died in prison of tuberculosis.

In 1958, the United States conducted the first of 35 nuclear test explosions in the Pacific Proving Ground as part of Operation Hardtack I. Vice President Richard Nixon and his wife, Pat, began a goodwill tour of Latin America that was marred by hostile mobs in Lima, Peru, and Caracas, Venezuela.

In 1967, heavyweight boxing champion Muhammad Ali was stripped of his title after he refused to be inducted into the armed forces. U.S. Army Gen. William C. Westmoreland told Congress that "backed at home by resolve, confidence, patience, determination and continued support, we will prevail in Vietnam over communist aggression."

In 1980, President Jimmy Carter accepted the resignation of Secretary of State Cyrus R. Vance, who had opposed the failed rescue mission aimed at freeing American hostages in Iran. (Vance was succeeded by Edmund Muskie.)

In 1988, a flight attendant was killed and more than 60 persons injured when part of the roof of an Aloha Airlines Boeing 737 tore off during a flight from Hilo (HEE'-loh) to Honolulu.

In 1990, the musical "A Chorus Line" closed after 6,137 performances on Broadway.

In 1993, the first "Take Our Daughters to Work Day," promoted by the New York-based Ms. Foundation, was held in an attempt to boost the self-esteem of girls by having them visit a parent's place of work. (The event was later expanded to include sons.)

In 1994, former CIA official Aldrich Ames, who had betrayed U.S. secrets to the Soviet Union and then Russia, pleaded guilty to espionage and tax evasion, and was sentenced to life in prison without parole.

In 1996, a man armed with a semiautomatic rifle went on a rampage on the Australian island of Tasmania, killing 35 people; the gunman was captured after a 12-hour standoff at a guest cottage, and is now serving a life prison sentence.

Ten years ago: Kansas Gov. Kathleen Sebelius won Senate confirmation, 65-31, as health and human services secretary. Sen. Arlen Specter of Pennsylvania defected from the Republican Party, joining the Democrats. Country singer Vern Gosdin ("Chiseled in Stone") died in Nashville at age 74.

Five years ago: President Barack Obama arrived in the Philippines on the last stop of a weeklong Asia tour that also included Japan, South Korea and Malaysia. The United States and its European allies hit more than two dozen Russian government officials, executives and companies with new sanctions as punishment for their country's actions in Ukraine. Two dozen tornadoes ripped through Mississippi, killing 14 people.

One year ago: Alfie Evans, the 23-month-old terminally-ill British toddler who was at the center of a legal battle over his treatment, died at a British hospital; doctors had said further treatment for his degenerative brain condition was futile and that he should be allowed to die, but his parents fought for months to take him to the Vatican's children's hospital so he could be kept on life support. Jacob Cartwright, a trucker who was missing in a snow-covered area of Oregon for four days after his GPS device sent him up the

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wrong road, emerged from the remote and rugged region after walking 36 miles to safety.

Today's Birthdays: Former Secretary of State James A. Baker III is 89. Actress-singer Ann-Margret is 78. Actor Paul Guilfoyle is 70. Former "Tonight Show" host Jay Leno is 69. Rock musician Chuck Leavell is 67. Actress Mary McDonnell is 67. Rock singer-musician Kim Gordon (Sonic Youth) is 66. Actress Nancy Lee Grahn is 63. Supreme Court Justice Elena Kagan is 59. Rapper Too Short is 53. Actress Bridget Moynahan is 48. Actor Chris Young is 48. Rapper Big Gipp is 46. Actor Jorge Garcia is 46. Actress Elisabeth Rohm is 46. Actress Penelope Cruz is 45. Actor Nate Richert is 41. TV personalities Drew and Jonathan Scott are 41. Actress Jessica Alba is 38. Actor Harry Shum Jr. is 37. Actress Jenna Ushkowitz is 33. Actress Aleisha Allen is 28.

Thought for Today: "It takes a long time to understand nothing." — Edward Dahlberg, American author and critic (1900-1977).