



GHS offers local internships
Trista Keith at Lori's Pharmacy

by Dorene Nelson

Groton Area High School offers a variety of business classes. One of these classes, School Internships, offers seniors the opportunity to work in various local businesses of their choice.

The purpose of this internship is to teach students responsibility by working for someone other than their family. It helps them learn how to work with the public and with customers who might not be all that agreeable at times.

Internships could also help students decide on a part-time job while they are in college or maybe even to help them choose a future occupation.

The business teacher, Becky Hubsch, has set up this experience for the seventeen students enrolled in her School Internship class.

All students must be at their chosen place of work during the first period of the school day. The student interns must contact the place they would like to work and have their own personal transportation.



Trista Keith, daughter of Bary and Tricia Keith, is interning first semester at Lori's Pharmacy. She has two older brothers.

"I participate in volleyball, soccer, track, and FCCLA," Keith listed. "Family, Career, and Community Leaders of America (FCCLA) is a student organization for anyone interested in personal growth and leadership development," she explained.

"I work at Lori's every school day from 8:30-9:20," Keith stated. "I usually arrive here at work around 8 a.m. since customers often drop off

prescriptions early in the morning."

"I will probably intern again next semester at Beauty Brew and Boutique," Keith smiled. "Madeline and I plan to just switch jobs."

"We get to select the places where we intern," she stated, "but it is up to us to contact that business and ask if they would be interested in having us work for them. It costs the businesses nothing except the time needed to explain our duties."

"I chose to intern in the pharmacy mainly because I plan to become a pharmacist after I graduate from high school," Keith explained. "I spend my time here behind the drug counter, counting pills."

"Another important job that I do here is put the flu vaccine information into the computer," she explained. "This information is then faxed to the patient's doctor and to the SD State Department of Health."

"I think the best part of this job is the great people I get to work with," she stated. "I'm learning a lot about what is done in a pharmacy on a daily basis so starting my 'real' job won't be such a surprise!"

"I guess the hardest part of this job is making sure I don't make any mistakes," Keith admitted. "Prescriptions are very important for the patient's health so are checked twice before given to the customers."

"Following high school graduation, I plan to attend SDSU and major in pharmacy," Keith said. "I know it is a six-year program, but I feel it is an important one."



Allstate Chorus & Orchestra

Allstate Chorus is a yearly event where students are selected from schools in South Dakota to come together and learn songs to sing in a state choir. This is a great honor to be selected to participate in this event. Students spend time outside of school rehearsing and on their own to get the musical selections down before the event and then come together for rehearsals with the other schools from the state.

This year Allstate Chorus and Orchestra is being held in Rapid City at the Monument Center. The Groton Students selected to participate this year are: Cadance Tullis, Ashtyn Bahr, Shaylee Peterson, Camryn Kurtz, Elliana Weismantel, Rebecca Poor, Carter Barse, and Axel Warrington.



It was another colorful sunset during the football game Thursday night in Groton. (Photo by Jeslyn Kosel)



The Lake Region Marching Festival was held recently in Groton. Above is the Groton Area High School Marching Band and below is the Junior High Band. (Photos lifted from GDILIVE.COM video)



Groton Garden Club

The Groton Garden club met at the home of Laurie Mitchell on October 18. Co president Pam Rix opened the meeting with the pledge recited in unison. Twelve members answered roll call with a plant in their home when they were young. A portion of "the messenger" was read as it included information about the sign to be installed in the Groton Park. The final "yard of the week was Jodi Bull. Ardella Theissen sent several Thanksgiving cactus slips for anyone that wants one. Next meeting will be with Eunice McColister and Elda Stange at the Community center, November 15, at 6:30pm. Laurie Mitchell will have the program. Following the meeting Linda Gengerke gave the program "Of Roses and Rosavans, and Laurie served a delicious Pumpkin dessert.

Weekly Vikings Roundup

By Jordan Wright

The Minnesota Vikings are on their bye week, so while they are getting some much-needed rest and relaxation, let's take a look at how the team has done up to this point in the season.

The Vikings started the season with two heart-breaking losses to the Cincinnati Bengals and Arizona Cardinals before finally getting a win against the Seattle Seahawks in week three. The team followed that with a loss to the Cleveland Browns, bringing their record to 1-3 and giving fans reason to believe that this season was about to spiral out of control. Fortunately, the Vikings' schedule provided just what they needed, as the winless Detroit Lions came to town in week five and the team traveled to Charlotte to battle the hapless Panthers before their bye.

Suddenly this team is 3-3 and that spark of hope is slowly being fanned into flames.

Kirk Cousins, as we have all come to expect, is having a good (if unspectacular) season so far. His basic stats are below, but one thing that stood out to me was his advanced passing statistics, specifically his accuracy. Thanks to Kirk, the Vikings lead the NFL in "On Target" percentage with 81%.

Completion percentage: 69.5% (6th best in NFL)

Yards per game: 295 (12th)

Touchdowns per game: 2.17 (10th)

Interceptions: 2 (3rd best among QBs who have thrown at least 100 passes this season)

Dalvin Cook has been hurt this season, which has limited him to just 80 carries in four games. However, when we look at his stats a little closer, we'll see he is still at the top of his game when healthy, as evidenced by his 91.5 yards per game, which is third in the NFL. Alexander Mattison has started two games this season, averaging 112.5 rushing yards per game and 162 total yards per game.

At receiver, Justin Jefferson has affirmed his place as the Vikings' top WR. He exploded onto the scene as a rookie last season, and while some were thinking he could have a sophomore slump, Jefferson has put those doubts to bed this season. He is firmly a top-10 wide receiver in the NFL at this point, and the best is yet to come. Adam Thielen has seen great receivers come and go on this team, yet he remains, plugging away and locking down the teams' WR2 position. Thielen has five touchdown catches this season, good for 9th best in the league.

Perhaps the surprise of the season on offense, the offensive line has been holding their own so far this season. The Vikings finally got their first-round left tackle Christian Darrisaw on the field, and he has been ok – but most importantly he has shown flashes of potential. The Vikings are 6th in the NFL, giving Kirk 2.3 seconds per play on average to get rid of the ball.

On the other side of the ball, we can see how big of an impact Danielle Hunter brings to a defense. Last season the Vikings were 28th in the NFL with 23 sacks the entire season. Through six games this season, they are tied for first with 21 sacks. The Vikings are in the middle of the pack with nearly all the other defensive stats, but when compared to how bad it was last season, middle of the pack isn't too bad.

On special teams, kicker Greg Joseph has made 76.5% of his field-goal attempts (23rd), and 92.3% of his extra-point attempts (21st). Punter Jordan Berry is averaging 48.4 yards per punt (7th).

Looking ahead, the Vikings have an incredibly tough schedule coming out of the bye week, starting with Dallas coming to town on Halloween night and followed by: at Baltimore Ravens, at Los Angeles Chargers, Vs Green Bay Packers, and at San Francisco 49ers. This upcoming five-game stretch will tell us all we need to know about this year's Vikings team. Skol!

A bad president is better than a good dictator

I rarely write anything political in this space these days—these columns are published in three states as well as in the two newspapers I own. I much prefer writing stories about the people I've met and the experiences we share on the Northern Plains.

I think you'd be hard-pressed to find a political slant in our news coverage. On the opinion page we do carry 90-year-old former Lt. Governor Lloyd Omdahl, a Democrat who knows more about government than almost anyone and to survive in North Dakota politics, you have to be a moderate, common sense, for-the-people politician, and that's Lloyd. Me, I'm a fiscal conservative and social liberal. Live and let live.

Many of you are aware that I write another column on Wednesdays for Forum Communications which owns numerous dailies in the three-state area. That one's often satirical, sometimes heartfelt, but almost always political.

I'm often asked how a liberal can survive and even thrive in such a conservative clime. A friend of mine saw me sitting beside another Democrat on a local sports broadcast a few years ago and called it a quorum. However, I often tell the story of the ice storm we had some years back that knocked out power for 14 days in much of the area. I had two small kids and a wife in the house. The first person to pull into my yard with a spare generator was a neighbor with whom I'd bitterly argued about George W. Bush. Now, I already had a generator going, but that action explains everything. We're friends and neighbors first. Politics is way down the line.

Besides, my district elected the late Billy Kretschmar, a beloved member of the legislature for decades, a (wink) Republican who could have just as easily called himself a Democrat. Voters supported the man more than the party in this case, although admittedly it would have been tough sledding for him to win with a D behind his name. I voted for him more than once.

I usually support Democrats because almost every enduring program that supports farmers, the elderly, and middle class, came from Democrats. Medicare, Social Security, crop subsidies, and worker protections.

Only once did I veer from human interest columns for any length of time and that was when the nation was building up for a war with Iraq, something I adamantly opposed. Some editors ran scared and dumped my column. As a well-informed teen, I opposed the war in Vietnam. So give me that. I was right on both counts.

After that excruciatingly long preface, let's get to my point. I've been probed recently by conservatives wondering how I think President Biden is doing. Not great, but better than his 42% approval rating. Americans are an impatient lot and a little obtuse when it comes to the slow machinations of democracy. It's give and take and a lot of gridlock.

On the border, Biden signaled a "kinder, gentler" approach to immigration, and that encouraged even more people to flood there. The withdrawal from Afghanistan was messy at best. Still, he brought sanity to the effort to control the pandemic, and God love him, he's toned down the divisive rhetoric coming out of the Oval Office. But much has been done to divide us, with a lot of help from Russia on social media. Wise up, Americans.

It's early, and circumstances test the merits of any presidency. Will they rise to the occasion? Lincoln did. FDR did. Kennedy, with the world on the brink of nuclear annihilation, did.

I wanted Trump to do well. He divided us. I wanted Bush to do well. Well, you know... I would have been satisfied with McCain, Romney, Kasich (a favorite of Billy Kretschmar's), or any number of Republicans.

Biden may prove to be a caretaker president, but I'm OK with that because I don't believe for a minute that he'd try to steal an election—and elections are the very heart of our democracy. And I love America and democracy.

On January 6, and in the days after the election, Donald J. Trump clearly tried to overturn the will of the American people, and he's continued to undermine the integrity of free elections by continually spreading the lie that the election was stolen. The facts don't bear that out.

Causing people to lose faith in legitimate elections is an assault on our freedom. An attempt to steal an election, to destroy our democracy, is where I draw the line. I'll take a bad president over a dictator every time, because democracy can survive a bad president. What are we without democracy? Just another failed promise in the history books.



That's Life

by Tony Bender

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Alyssa Thaler gets the ball. The Groton student section is featured in the background. (Photo by Jeslyn Kosel)

Netters lose close sets to Roncalli

Groton Area's volleyball team played well against Roncalli as it took late surges to stop the Tigers in action played Friday in Aberdeen, 3-0.

In the first set, Groton area had a 2-0 lead and the match was tied twice before the Cavaliers took the lead, 8-7. The Tigers struggled to get their footing in the first set and the Cavaliers went on to win, 25-16. Anna Fjeldheim, Sydney Leicht, Madeline Fliehs, Aspen Johnson and Maddie Bjerke each had one kill in that set. Ella Hanson led the Cavaliers with six kills while Jeci Ewart had three kills, Ava Hanson two kills, Jaidyn Feickert had a kill and an ace serve and Hayley Schmidt had an ace serve.

The Tiger offensive got charged in the second set. The set was tied seven times with three lead changes early in the set before the Cavaliers got a slight upper hand. Groton Area came back to tie the set at 22 and 24 and Roncalli won the set, 26-24. Sydney Leicht had four kills, Madeline Fliehs had two kills and a block, Aspen Johnson had a kill, two solo and one assisted block, Elizabeth Fliehs had an assisted block and Anna Fjeldheim had a kill and an ace serve. Roncalli cooled down in its attack with Ava Hanson having two kills, Olivia Hanson an ace serve, Ella Hanson a block, Jeci Ewart a block and a kill, Jaidyn Feickert had two kills and Hayley Schmidt had two ace serves.

Roncalli jumped out to a 6-0 lead in the third set, but Groton battled back to tie the set at 15, 16 and 17 before taking a 19-17 lead. The Cavaliers tied the set at 19 and Groton held a 20-19 lead before Roncalli scored the last six points for the 25-20 win.

Madeline Fliehs had three kills and an ace serve in that set while Anna Fjeldheim and Sydney Leicht each had two kills, Alyssa Thaler had an ace serve, Maddie Bjerke a kill and Aspen Johnson had a kill and a block.

For the match, Elizabeth Fliehs had 11 assists while Sydney Leicht had 15 digs



Sydney Leicht and Trista Keith

(Photo by Jeslyn Kosel)

followed by Trista Keith with 10 and Allyssa Locke had nine.

The match was broadcast live on GDILIVE.COM, sponsored by Allied Climate Professionals with Kevin Nehls, Bary Keith at Harr Motors and Milbrandt Enterprises, Inc.

Roncalli won the junior varsity match, 25-20 and 25-17. Faith Traphagen had four kills, Hollie Fost had two kills and two blocks, Emma Schinkel had two kills, Laila Roberts had a kill and an ace serve, Carly Guthmiller two ace serves and Lydia Meier a kill.

The junior varsity match was also broadcast on GDILIVE.COM.

- Paul Kosel

Lady Tigers beat Redfield; take third spot in region seeding

It was a huge night for the Groton Area Volleyball Team. Not only did the Tigers beat Redfield, the win, in addition to De Smet losing to Arlington dropping them under .500 which reduced Webster's points, allowed Groton Area to move up from number four to number three in the region. So as it stands right now, Groton Area will take on Sisseton in the first round of the Region 1A Tournament. Due to a shortage of officials, only the top two seeded teams will host the regional tournament so Groton Area will play its match with Sisseton in Redfield. Clark/Willow Lake will take on Redfield in the other match in Redfield.

Meanwhile at Florence/Henry, Tiospa Zian will take on Florence/Henry and Webster will take on Milbank.

Groton Area won the first set, 25-22. The game was tied three times at the beginning and Redfield came back after trailing to tie the set at 20 and 22, but Groton Area would secure the final three points for the win. Madeline Fliehs had five kills in that set, Aspen Johnson had three kills and a block, Sydney Leicht had three kills and an ace serve, Anna Fjeldheim had a kill and Allyssa Locke and Elizabeth Fliehs each had an ace serve.

Redfield would go on a 10-point rally in the second set en route to a 25-16 win over the Tigers. Madeline Fliehs and Johnson each had two kills, Elizabeth Fliehs had a kill and an ace serve and Fjeldheim, Leicht and Locke each had a kill.

Then Groton Area dominated the third set with a 25-13 win. Madeline Fliehs had four kills, Johnson had three kills and a block, Elizabeth Fliehs had two ace serves and a kill, Fjeldheim had a kill and an ace serve, Maddie Bjerke and Leicht each had two kills and Locke had an ace serve.

The fourth set was close at the beginning with the game being tied four times and there were two lead changes. After it was tied at 11, Groton Area would take a 15-11 lead and would go on for the 25-21 win with Elizabeth Fliehs having the match winning ace serve. In that set, Johnson had four kills, Leicht had two kills, two ace serves and a block, Madeline Fliehs had two kills and two blocks, Fjeldheim had a kill and an ace serve, Alyssa Thaler and Bjerke each had a kill and Elizabeth Fliehs had an ace serve.

Thaler had 25 digs for the match while Locke had 15, Leicht 13, Elizabeth Fliehs had 12, Trista Keith 11, Fjeldheim eight, Madeline Fliehs and Bjerke each had five and Carly Guthmiller had four. Johnson and Madeline Fliehs each had three blocks and Leicht had two. Madeline Fliehs had 12 kills, Johnson 11, Leicht 10, Fjeldheim four, Bjerke three, Elizabeth Fliehs two and Thaler and Locke each had one. Groton Area had 12 ace serves while Redfield had five. Elizabeth Fliehs had five of them followed by Leicht with three and Fjeldheim and Locke each having two.

This was the last regular season game as Groton goes to 10-15 on the season while Redfield dropped to 13-13.

Groton Area won the junior varsity match, 17-25, 25-15 and 15-11. Emma Schinkel had a kill, four ace serves and a block, Marlee Tollifson had five kills, Faith Traphagen had four kills, Lydia Meier two kills and two ace serves, Shallyn Foertsch had an ace serve and Hollie Frost had a kill.

Lady Tigers take down Deuel

Groton Area's volleyball teams posted a clean sweep over Deuel on Monday in Groton. It was the last regular season home match of the year and the Tigers improved to 10-15 on the season.

Groton won the varsity match, 25-18, 25-20 and 25-17. Madeline Fliehs had eight kills, two blocks and an ace serve, Sydney Leicht had 10 kills and two ace serves, Aspen Johnson four kills and two blocks, Elizabeth Fliehs three ace serves and two kills, Anna Fjeldheim two kills and an ace serve, Allyssa Locke two ace serves and Maddie Bjerke and Alyssa Thaler each had a kill.

Haley Winter led the Cardinals with 11 kills and an ace serve, Josie Anderson had 10 kills, Emma Hamann had two kills, Alyson Hagberg and Emma Sattler each had a kill and Gracie Fieber had an ace serve.

The junior varsity team posted a 2-0 win over Deuel, 25-23 and 25-7. In the first set, Deuel had scored nine unanswered points to take an 11-3 lead before Groton started to chip away at the lead and would tie it at 20 and took the lead for good at 22-21. Deuel did tie the set at 23 but the Tigers went on for the win. In the second set, Groton Area would score 15 unanswered points with Lydia Meier doing the serving with five ace serves during the set.

Meier finished the match with six ace serves and four kills, Faith Traphagen had seven kills, Laila Roberts six ace serves and a kill, Emma Schinkel had four kills and a block, Marlee Tollifson had five kills, Shallyn Foertsch had three ace serves, Hollie Frost had a kill and Carly Guthmiller had an ace serve.

Both matches were broadcast live on GDILIVE.COM. The junior varsity by a private sponsor. The varsity by Allied Climate Professionals with Kevin Nehls, Bary Keith at Harr Motors and Milbrandt Enterprises Inc.

Netters beat Tiospa Zina

Groton Area traveled to Agency Village on Tuesday and brought home a clean sweep win over the Wambdi.

Groton Area won the varsity match, 25-15, 25-18 and 25-11.

Anna Fjeldheim had 10 kills and seven ace serves, Sydney Leicht had 11 kills and three ace serves, Aspen Johnson nine kills and a block, Elizabeth Fliehs and Alyssa Thaler each had three ace serves and a kill, Madeline Fliehs had three kills, Maddie Bjerke had one kill and Allyssa Locke had an ace serve.

Groton Area won the junior varsity match, 25-19 and 25-22. Faith Traphagen had three kills and two ace serves, Carly Guthmiller three ace serves, Lydia Meier five ace serves and two kills, Laila Roberts six kills and an ace serve, Shallyn Foertsch two ace serves and a kill and Marlee Tollifson and Emma Kutter each had two kills.

Both matches were broadcast live on GDILIVE.COM. Varsity sponsors were Milbrandt Enterprises Inc., Allied Climate Professionals with Kevin Nehls and Bary Keith at Harr Motors.

South Dakota outsourced management and auditing of COVID relief grants

Bart Pfankuch

South Dakota News Watch

The state Bureau of Finance and Management is not conducting its own auditing of individual grant applications or grants awarded under the Coronavirus Relief Fund, according to Colin Keeler, director of financial systems in the department.

The state hired an independent firm to manage both the application and award process that distributed millions in federal funds aimed at helping South Dakota businesses and healthcare facilities stay afloat during the worst of the pandemic.

A second firm was hired by the state to conduct monitoring of grants that have been awarded.

The second firm, Eide Bailly, using employees based in Nevada, set up a Fraud Inquiry Center website where anyone can file complaints or raise questions about potential abuse of the program. So far, based on use of the website, 11 complaints are under review about roughly 30 grants, Keeler said.

Keeler said the grant process was outsourced because the state was under a very tight timeline to distribute the federal COVID relief money and was able to use a firm that has experience in managing the programs.

To date, the state Coronavirus Relief Fund program has distributed more than \$490 million in payments to 5,833 applicants that included small businesses, small nonprofits, acute healthcare providers, community providers, safety-net organizations and startups.

The small business portion of the program distributed the largest portion of funds. As of September 2021, the small-business program had distributed more than \$302 million to 4,760 applicants.

The larger contract was for a maximum of \$11 million with Guidehouse consulting of McLean, Va., for overall management of the COVID-19 relief grant programs. As part of its work, Keeler said Guidehouse was responsible for ensuring that paperwork filed by grant applicants was accurate and appropriate.

In a separate contract, the state is paying up to \$980,000 to Eide Bailly to handle complaints of possible fraud or abuse of the program and to perform a random audit of paid grants in all four sections of the relief program.

The three main criteria that made small businesses eligible for state relief funds were that the business be located in South Dakota, be registered with the state or pay sales taxes, and show cash-flow losses of 15% or more due to the pandemic in two separate time periods in 2020, from March to August and September to November. Net losses supported by the state coronavirus grants were calculated after other COVID aid, including PPP loans, were factored in as income to prevent double-dipping from grant programs.

Citing privacy laws, Keeler declined to discuss or release paperwork on any specific individual grants or applications.

For the small nonprofit, small business and small start-up portion of the program, the firm will review the "eligibility determination, calculation of awarded funds as to amount, as well as the reasonableness of the recipient's assertion that awards were used in accordance" with the state program guidelines. The firm said it will review all grants over \$500,000, a random selection of 80 grants between

\$100,000 and \$499,999 and a random selection of 115 grants under \$100,000. All told, the firm will randomly review about 270 of the grants, or about 4.8% of the 5,621 grants in that section of the larger relief program.

The firm will also respond to any complaints filed through the state's program website that allows anyone to file a report through a website link called "Report Suspected Fraud, Waste and Abuse."

In addition to responses to the fraud website, auditors have found multiple other errors among applicants, Keeler said. As of late September, auditors found 30 grant awards that were underpaid by the state and had identified 143 applications that led to an estimated \$4 million in overpayments.

The state so far has resolved 79 of those cases, with a total grant value of about \$2.2 million, including about \$500,000 that has been paid back to the state, Keeler said.

"Our objective is to try to correct these applications where we can as opposed to having them pay money back," he said. "Most of these are simply mistakes ... we're not calling these fraud because we don't know the intent of the mistake."

So far, no criminal cases have been filed pertaining to the grant application or receipt processes, Keeler said.

Keeler said the reviews of grants and applications did not include site visits to businesses that were awarded grants.

"It was paperwork and phone calls and emails," he said. "There was nobody on the ground running around knocking on doors or anything."

Work by both contractors is expected to be completed by Dec. 31, 2021.

Keeler said that while the grant-distribution program was not perfect, he has a high comfort level that the taxpayer money distributed through the COVID relief programs in South Dakota was done efficiently and with sufficient oversight.

"We really tried to be as careful as we could and do it right, and I think if you look at how other states did this, compared to how we did this, I think you'd find that ours is a lot more careful and intentional," Keeler said. "We think that South Dakotans are inherently quite honest, which is maybe why we haven't seen so far a ton of things we need to look deeper into."

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When we paint, we like to mix...



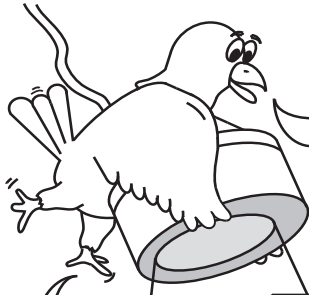
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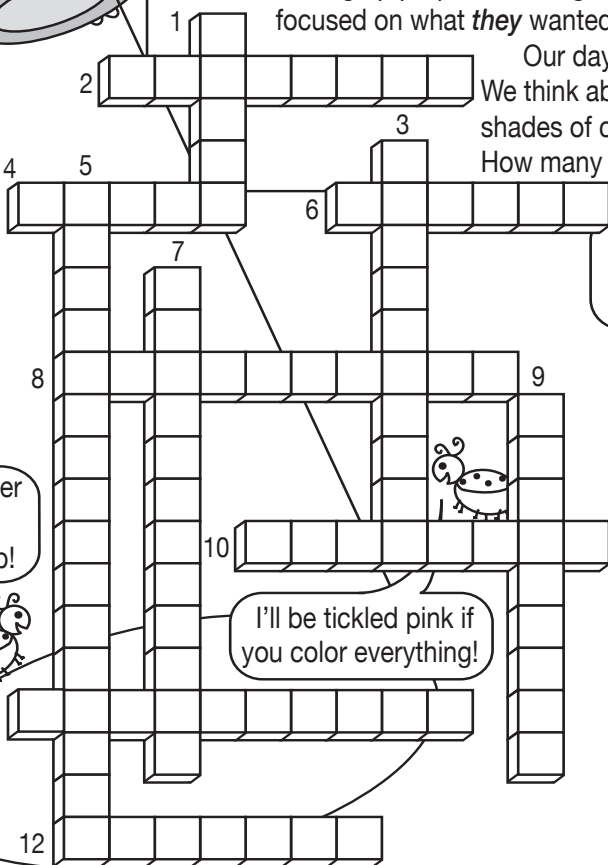
When I went to the circus, I noticed that the main acts were highlighted with colored lights. The lighting crew used spotlights and color to attract the audience's attention, drawing our eyes to where the action was. By doing this they also drew our attention *away* from workers in the shadows who were setting up props and doing other jobs. We all focused on what *they* wanted us to see.

Our days are filled with color. We think about and use different shades of colors for many things. How many colors can you name?

It's a bit of a red-letter day when you get to be in the spotlight!

My gardener has a true green thumb!

I'll be tickled pink if you color everything!



Ladybugs can be yellow, orange or red with black spots!



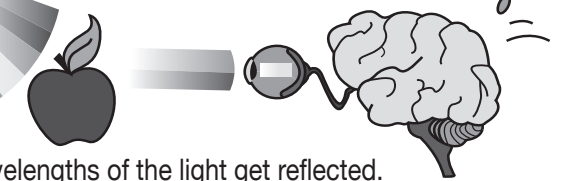
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Colors in the Spotlight!



How Do We See Color?

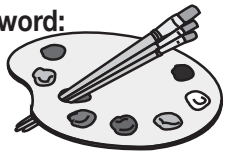
When an object – in this case, an apple – is exposed to sunlight, it absorbs some parts (wavelengths) of the light, *but not all*.



Some of the wavelengths of the light get reflected. When we look at the apple, this reflected light strikes millions of special cells (cones) in our eyes. The information from the cones is sent to our brains, which tell us that the apple is a lovely *red*!

Read the clues to fill in the "colorful" crossword:

1. players wear the colors of their _____
2. red roses = love, expressing our _____
3. to make things look nice: materials for clothes or home; jewelry
4. on maps: yellow = land, blue = water
5. to trick the eye, in printing
6. flower bed, fruit bowl, cosmetics
7. red = hot, blue = cool
8. to make blend into the surroundings (soldiers in jungle)
9. red, white and blue, for flags or emblems
10. an artistic work hung on the wall
11. flashing yellow arrow on the road, pointing the way
12. white flag = a wish to surrender



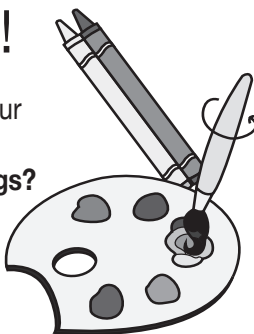
I go to a white elephant sale once in a blue moon.

Words That Color Our World!

We use the names and images of colors to express our feelings and ideas. We give colors meanings! **Can you match these expressions to their "true blue" meanings?**

1. show a green - eyed monster
2. a black cloud over one's head
3. have a yellow streak
4. see red
5. feel blue
6. have a heart of gold

- A. feel sad
- B. be a coward
- C. be jealous
- D. have a big problem
- E. become very angry
- F. be a kind person



1. put an agreement in black and white
2. blue-ribbon pie
3. get the green light
4. see the world through rose-colored glasses
5. be in the red
6. as white as a ghost

- A. only see the good things
- B. the very best
- C. be very pale from a scare, illness
- D. write it down
- E. be in debt
- F. be able to start something



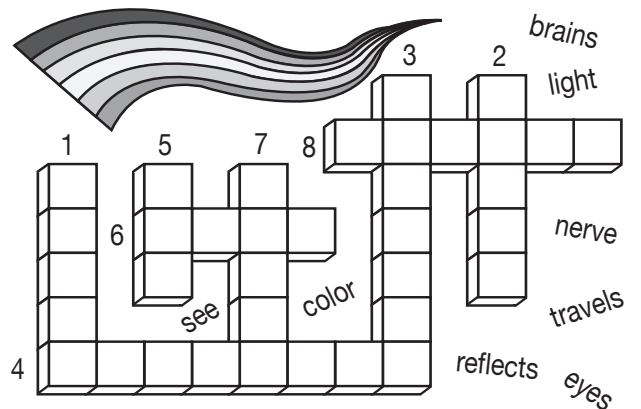
The Science of Seeing Color

Color is wonderful! But, how do we see color?

Read the clues to fill in this puzzle!

1. Do you know how we are able to see _____?
2. It all has to do with _____ and how our eyes see it.
3. Light _____ in tiny bits and different size wavelengths.
4. When we look at an object, its surface bounces or _____ some wavelengths of light and not others.

5. We _____ the wavelengths of light that are bounced off.
6. They enter our _____, which have cells shaped like rods and cones that can sense the light.
7. This information is sent out the back of our eyes, along the optic _____ to our brains.
8. Our _____ tell us that the grass is green or the sky is blue!



Let's Mix It Up!



The three primary colors are red, blue and yellow. If you have red, blue and yellow paints, you can combine them in different amounts to make almost any color. **Which colors do you think you can make if you mix the colors on the left below? Draw a line to the color on the right:**

- | | |
|--------------------|-----------|
| 1. blue + yellow = | A. orange |
| 2. red + blue = | B. pink |
| 3. yellow + red = | C. green |
| 4. red + white = | D. purple |

If you add white paint to another color of paint, what do you think will happen?

- The paint color will lighten.
- The paint color will darken.

I often use my computer to draw. My programs let me select the mix of colors that I want.



But, I still love stirring up paints by hand.



EARTHTALK™



Indigenous rights activists are calling on the U.S. to return control of Yellowstone and most of the rest of the nation's national parks over to the tribes. Credit: Roddy Scheer.

Dear EarthTalk: What's up with efforts by Native Americans to take back the national parks?

-- C. Woodend, Brea, CA

Prior to white settlement, as many as 15 million Indigenous people inhabited what would come to be called the contiguous United States; by the 1890s only about 250,000 remained. Today, roughly five million Native Americans live in the Lower 48, but they control only about two percent of the lands. Recently tribal activists have renewed efforts to remedy this historical misappropriation by demanding that control of the national parks be given back to the tribes.

"The national parks are sometimes called 'America's best idea', and there is much to recommend them," reports Leech Lake Ojibwe tribal member and author David Treuer in a recent op-ed in *The Atlantic*. "But all of them were founded on land that was once ours, and many were created only after we were removed, forcibly, sometimes by an invading army and other times following a treaty we'd signed under duress."

Indeed, Indians were extricated from Yellowstone, Glacier and Yosemite national parks despite their ancestors having lived there for 10,000 years. But what happened in these landmark parks was just the tip of the iceberg, as Indigenous peoples were "robbed" of hundreds of other naturally significant sites from coast to coast as well.

"Apostle Islands National Lakeshore, in Wisconsin, was created out of Ojibwe homelands; the Havasupai lost much of their land when Grand Canyon National Park was established; the creation of Olympic National Park, in Washington prevented Quinault tribal members from exercising their treaty rights within its boundaries; and Everglades National Park was created on Seminole land that the tribe depended on for food," reports Treuer.

Since we live in a time of "historical reconsideration," he says, the national parks should be returned to Native control. "Indians should tend—and protect and preserve—these favored gardens again," he writes, adding that not only would making such a transition be good for tribes, it would also be good for the American people and the parks themselves, which he says have been mismanaged in recent decades and currently face insurmountable federal maintenance and other backlogs.

"All 85 million acres of national-park sites should be turned over to a consortium of federally recognized tribes in the United States," urges Treuer, excepting "a few areas run by the National Park Service, such as the National Mall." The total acreage would be a far cry from the 90 million acres taken from tribes by 1887's General Allotment Act, he maintains, which regulated land rights on tribal lands (and served to further splinter already displaced tribal communities). It would ensure unfettered access to tribal homelands and would go a long way toward restoring the dignity of America's original peoples.

"To be entrusted with the stewardship of America's most precious landscapes would be a deeply meaningful form of restitution," he concludes. "Alongside the feelings of awe that Americans experience while contemplating the god-rock of Yosemite and other places like it, we could take inspiration in having done right by one another."

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Wound Care for Henry VIII

When we think of Henry VIII most of us envision an oversized man with multiple wives, a bitter personality, and a propensity for beheading his enemies. A lesser-known fact is that he suffered with chronic leg sores the last twenty years of his life. Living in a time before antibiotics, anesthesia, and proper wound care, this king endured excruciating ulcers with no cure available. Would history have been different if his sores could have been treated with today's advanced wound care?

As a young man, Henry was athletic and active. Unfortunately, he had multiple sports injuries, and one which occurred in January 1536 seemed to initiate chronic wounds. He was thrown off his horse at a jousting tournament and his fully armored horse landed on top of him. Reports from the time state he was unconscious for two hours and had several leg bone fractures. Initially he appeared to heal, but he later developed ulcers in his legs, and historians note at that point his personality changed.

His doctors lanced and drained his ulcers, but they never fully healed. There is much modern speculation as to what caused his sores. Likely the injury was the source, but his love of wearing garters around his calves also likely increased his risk for developing varicose veins and blood clots in his legs. His activity level dropped due to his pain and his weight increased. He was at increased risk for type 2 diabetes, high blood pressure, and high cholesterol. All these things together made him susceptible to leg ulcers from blood vessels that did not work well making it difficult for his initial wounds to heal.

If I were transported back to Henry's court with the limited medical knowledge of that time, there would be little I could do to help him. However, if we were to transport Henry to modern day, we would observe his veins and arteries with ultrasounds. We'd use CT scans to see if infection had gone into the bone. We could determine his ankle-brachial index indicating how well his blood is flowing. And Henry would be given anesthesia while we probed and debrided the wounds. We could treat the root of the infection with antibiotics. And devices such as vacuum assisted closure (wound VAC) and hyperbaric oxygen chambers could help close sores that were left untreated in his time.

History may have looked very different if King Henry had not fallen from his horse launching a cascade of medical problems. Today, we can learn from his misfortune and take advantage of current wound care treatments which avoid unnecessary suffering, and possibly... change the course of our history.

Jill Kruse, D.O. is part of The Prairie Doc® team of physicians and currently practices family medicine in Brookings, South Dakota. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook featuring On Call with the Prairie Doc® a medical Q&A show celebrating its twentieth season of truthful, tested, and timely medical information, broadcast on SDPB and streaming live on Facebook most Thursdays at 7 p.m. central.



By Jill Kruse, D.O.