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The Groton Independent

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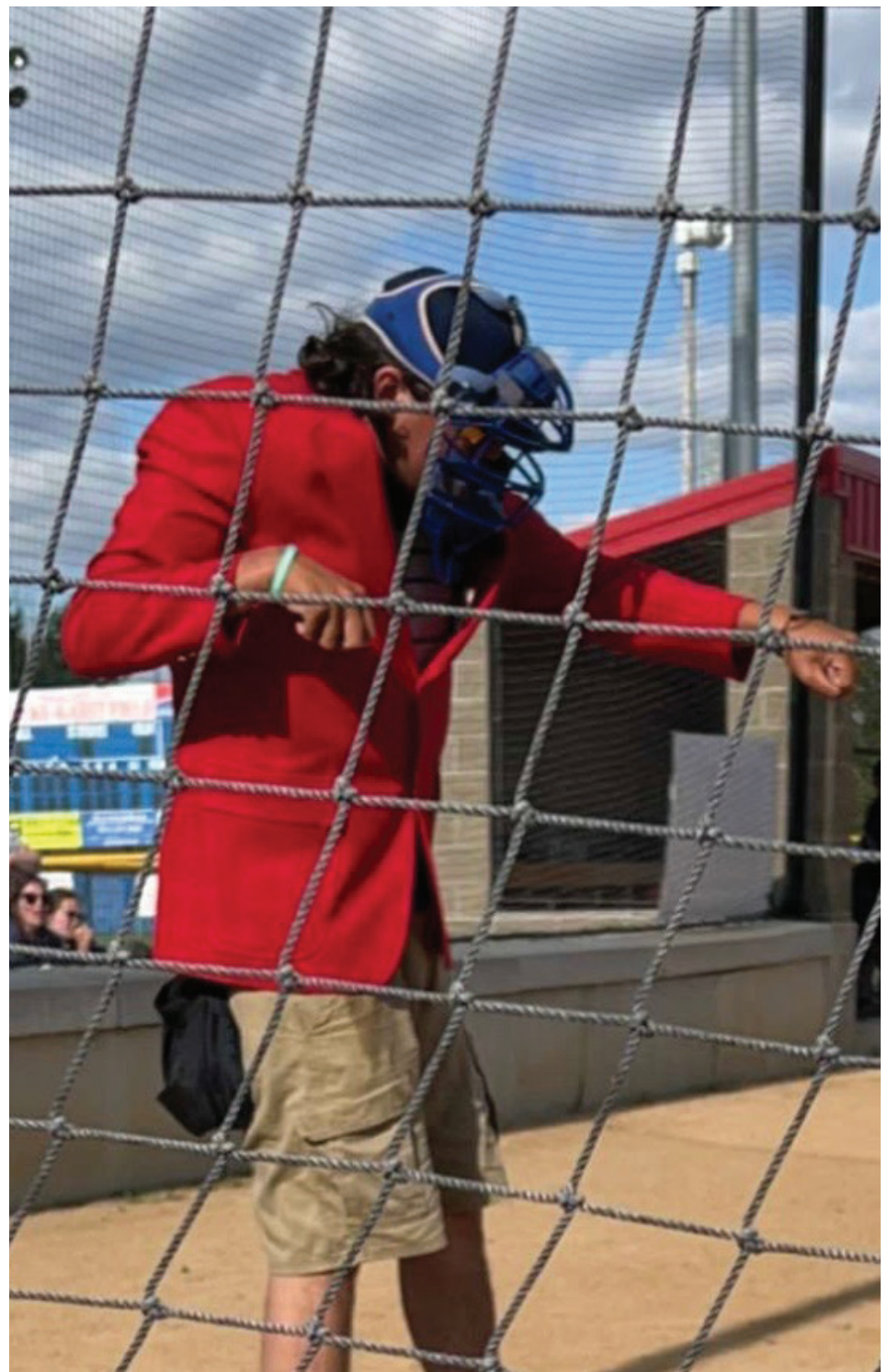


Corn Hole bags available at the Park

Are you bored and don't know what to do? Try corn hole at the north end of the city park. The bean bag house is installed with the bags!



Doug Hamilton and Paul Kosel finish putting the hardware on the rope on the new flag pole at City Hall. (Photo by April Abeln)



You're Out!

Aaron Severson gets into the umpiring spirit as he calls a batter out at the Little League Tournament held this past weekend in Groton. (Courtesy Photo)

Age is a state of mind

Funny, I don't feel old. I feel like the same mischievous kid who, with Rodney Meidinger, once put a dozen frogs in his mom's car—Marlene's reward for taking us to Lake Hoskins that summer day.

One of the amphibians jumped on her foot on the drive back resulting in a brief acceleration before she regained her composure. Upon arrival back in town, she demanded that we remove the other passengers. We never found them all, though, and I remain convinced that when Rueben traded in that Pontiac, there were petrified frogs under the seats.

Then, as I covered a school board meeting last week I couldn't help but wonder how my old friend and fellow rascal, Lyle Fey, the board president, and I, publisher of the newspaper, had graduated to such positions of immense power and responsibility. Seriously, they should have done background checks. Lyle figured it was punishment from God. Well, if so, we had it coming.

If that didn't solidify the notion that years have swept by, Saturday's All School Reunion in Frederick, SD, where I attended school from fourth grade on, did. The Class of '76 gathered in my mother's yard, and Lynn reminded us that we'd best start planning for our, gulp, 50th class reunion, a scant four years away.

After the untimely loss of founding gang member Gare Bare three years ago, we resolved to get together more often, but then came COVID. Jaye Bird helped round up some of the usual suspects for an unusually sedate gathering. A few beers were quaffed and embarrassing stories were retold but for the most part we behaved.

As Hawkeye and Witt recounted the attrition caused by recent ailments, I began to laugh. This is what we've become. Old guys with doctor stories. The good news is, we're hanging in there. Most of us have weathered the storms admirably. They say 60 is the new 40.

Speaking of storms, a week earlier, a humdinger swept through Frederick and took down a massive grain bin at the elevator and about a third of the trees at Simmons Park. Sad, but the volunteer spirit involved in the clean-up was impressive and typical of small towns. The storm hit around 4 a.m., and by 8 a.m. chainsaws and loader tractors were swarming about, determined to put the community back together for the reunion.

I was too late to tour the old school, but to a person, everyone who did remarked that the classrooms seemed so small. Time shrinks everything. Except bellies.

I watched and listened with satisfaction as classmates I hadn't seen for 46 years laughed, joked, and reminisced while spouses smiled patiently. I brought a real live girl along, and my brother Mike told her in his disarmingly honest way that he liked her—so far.

Some of them had visited our old English teacher, Bernice Rollo, at an Aberdeen nursing home. She turned 100 this month and is still sharp and probably pretty tired of us by now.

We allowed underclassmen because we don't discriminate, and I saw Kevin Hahn for the first time in decades. He famously played right field with his arm in a sling one season, and between batters, I'd wander over from centerfield to get some of the sunflower seeds he stashed in his sling. When he snagged a fly ball, it was my job to throw it back in, and occasionally I hit the cutoff man.

Not knowing how many to expect, I brought a ton of snacks and beverages that were mostly ignored, although not out of malice. We're just not as ravenous as we used to be. Back then, we raided Katie Post's kitchen on weekends and made fried egg sandwiches. We kept the chickens busy.

I've always described my childhood as a Tom Sawyer existence, and it was, and I still believe that our gang was special.

It ended with drawn-out hugs and I love you's. Mary, who's married to her high school sweetheart, Whitey, forgot her purse. I accused her of doing so just to get an extra hug.

My face still hurts from smiling. I don't think we'll wait four years; I think we'll do it again next summer. It was a glorious day. Dammit, Gare Bare, you should have seen it.

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That's Life

by Tony Bender

Weekly Vikings Roundup

By Jack & Duane Kolsrud

As we continue the boring part of the off-season for the Vikings, we carry on with our analysis of the different position groups for the Vikings. We'll look at any competition that might occur, as well as make our predictions for who will make the final 53-man roster. This week we will look at the most polarizing position group for the Vikings over the last 10 years: the offensive line.

Offensive Line:

Lock to make the 53-man roster: Christian Darrisaw, Ezra Cleveland, Garrett Bradbury, Brian O'Neill, Jesse Davis, Chris Reed, Oli Udoh, and Ed Ingram

The biggest question mark heading into every season for the Vikings seems to always be, "how will the offensive line be?" Some years have been alright, some years have been bad, and some years have been horrific. This season, I have a more optimistic outlook on the offensive line.

To begin with, the Vikings have what appears to be two very good offensive tackles in Christian Darrisaw and Brian O'Neill, and a solid left guard in Ezra Cleveland. O'Neill, who made his first pro bowl last season, has been a staple for this offensive line since midway through his rookie year. Darrisaw, who although had his rookie struggles at times, is believed by many experts as a player who will develop into a very good left tackle in this league. And Cleveland has improved each year at the guard position for the Vikings, despite coming into the NFL as an offensive tackle prospect.

When the Vikings declined Garrett Bradbury's fifth-year option back in May, many believed that this was a sign that the Vikings were officially done with him as their starting center. Although the future of Bradbury with the Vikings might be bleak, all indications this offseason have been that Bradbury will be the starting center for the 2022 season.

The biggest question mark for the Vikings' offensive line is the right guard position. There will likely be a three-way race between Jesse Davis, Chris Reed, and rookie Ed Ingram for that position at training camp. It appears that Jesse Davis is the current leader in the clubhouse, but you never know with Ed Ingram. NFL teams sometimes will be quick to start a player when they just spent a first or second-round pick on the player.

The last offensive lineman that seems to be guaranteed to make the final roster is Oli Udoh. Last season, Udoh struggled at right guard and became somewhat of the glaring problem for the offensive line struggles. This season, Udoh has moved back to playing offensive tackle, which might be a more comfortable position for him. He will likely be the swing backup for both Darrisaw and O'Neill.

Players competing for the final spot on the offensive line: Austin Schlottmann, Vederian Lowe, Blake Brandel, and Wyatt Davis

The biggest surprise name on this list is Wyatt Davis. Davis was a third-round pick in 2021 and expected by many to be a future starting guard for the Vikings. Instead, he came into the 2021 season out of shape, saw zero playing time, and is now threatened with the possibility of being cut only two years into his career. Given that the new Vikings' regime has no ties to Davis, he is going to have to perform well in training camp if he wants to make the Vikings' final roster.

For the other three, Schlottmann has the best chance to make the Vikings' final roster simply because of his experience at the center position. If he were to make the team, he would be the only true center that could back up Bradbury.

Likely to be cut or placed on the practice squad: Josh Sokol, Kyle Hinton, and Timon Parris

53-man roster predictions:

Jack Kolsrud's prediction

Starting Lineup: Christian Darrisaw, Ezra Cleveland, Garrett Bradbury, Jesse Davis, Brian O'Neill

Backups: Oli Udoh, Ed Ingram, Chris Reed, Wyatt Davis

Duane Kolsrud's prediction

Starting Lineup: Christian Darrisaw, Ezra Cleveland, Garrett Bradbury, Jesse Davis, Brian O'Neill

Backups: Oli Udoh, Ed Ingram, Chris Reed, Wyatt Davis, Riley Reiff*

*Dad wants the Vikings to bring back former Iowa Hawkeye, Riley Reiff, despite zero evidence the Vikings are interested.

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MOBRIDGE-POLLOCK SCHOOL DISTRICT 2022-2023 Openings: MS/HS Art Teacher; CTE/Hospitality and Tourism Teacher and HS Math Teacher. For more information contact Dr. Tim Frederick, Superintendent at 605-845-9204. Send resume and Certified Application to Dr. Tim Frederick at 1107 1st Avenue East, Mobridge, SD 57601. EOE. Open until filled. Certified Application can be found at mobridge-pollock.k12.sd.us

NORTHWEST AREA SCHOOLS Multi-District/Education Cooperative in Isabel, South Dakota is seeking applications for the 2022-2023 school year for an instructor for one (1) of the following CTE Clusters: open until filled. Arts, Audio/Video Technology & Communications, Health Science, Law, Public Safety, Corrections & Security, Transportation, Distribution & Logistics, Architecture & Construction. South Dakota licensure is required and work-related experience may count toward certification. NWAS offers competitive salary, benefits, transportation and SD Retirement. Contact Quinn Lenk, Director, at 605-466-2206, or email quinn.lenk@k12.sd.us. Northwest Area Schools Multi-District/Education Cooperative does not discriminate on the basis of race, color, religion, national origin, sex, disability, or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups.

WALWORTH COUNTY is currently seeking to fill the position of Walworth County States Attorney. This is a full time position. Full Benefit package. Salary is negotiable. Contact Jamie Hare at 605-619-1122 for more information.

EVENTS

VENDORS WANTED for the 30th Presho Expo Saturday, September 24, 2022 at Presho, SD. Call 605-895-9445. Booth rent \$25; with electricity \$35.

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Brown County Mosquito Pool First West Nile Detection of Season

PIERRE, S.D. – The South Dakota Department of Health has confirmed the first West Nile virus (WNV) mosquito pool of the season has been detected in Brown County. State officials urge the public to take simple steps to protect themselves and their families against WNV which can cause fever, headaches, rash, swollen lymph nodes, and muscle and joint aches.

"Given the rural nature of our state and increased outdoor activities during the summer, protecting yourself against mosquito bites remains an important factor against West Nile infection," said Dr. Joshua Clayton, State Epidemiologist for the Department of Health. "Something as simple as using bug spray or limiting activities between dusk-to-dawn hours

STIP PUBLIC MEETINGS

S.D. Dept. of Transportation has developed a Tentative 2023-2026 Four-Year Statewide Transportation Improvement Program (STIP). The Tentative STIP includes all the state sponsored transportation projects for this time period. Prior to final approval of the STIP by the Transportation Commission, public meetings will be conducted on the following dates to receive public comment on the tentative program.

July 7, 2022	Ramkota Inn	Pierre	7:00 PM (CDT)
July 12, 2022	AmericInn	Aberdeen	7:00 PM (CDT)
July 13, 2022	Highland Conference Center	Mitchell	7:00 PM (CDT)
July 14, 2022	Ramkota Inn	Rapid City	7:00 PM (MDT)

Meetings will be in-person and virtual. For more information and how to participate virtually, please visit <https://dot.sd.gov/projects-studies/planning/tentative-statewide-transportation-improvement-program-stip>. Any individuals with disabilities who will require a reasonable accommodation in order to participate in the public meeting should submit a request to the department's ADA Coordinator at 605-773-3540 or 1-800-877-1113 no later than 2 business days prior to the meeting.

Call to find in-home resources that fit you to a T

Dakota at Home is South Dakota's free information source for aging and individuals with disabilities who want to remain in their homes.

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can reduce your infection risk significantly."

Prevent mosquito bites and reduce the risk of WNV by taking the following precautions:

- Apply mosquito repellents (DEET, picaridin, oil of lemon eucalyptus 2-undecanone, param-menthane-diol, or IR3535) to clothes and exposed skin. Limit exposure by wearing pants and long sleeves in the evening;
- Limit time outdoors from dusk to midnight when mosquitoes are most active. Culex tarsalis are the primary carrier of WNV in South Dakota;
- Remove standing water that gives mosquitoes a place to breed. Regularly change the water in birdbaths, outside pet dishes, and drain water from other flowerpots and garden containers and stay away from areas near standing water; and
- Support local mosquito control efforts.

Personal precautions are especially important for those at high risk for severe illness from WNV – people over 60 years of age, pregnant women, transplant patients, and individuals with cancer, diabetes, hypertension, and kidney disease. People with symptoms like severe or unusual headaches should see their physicians.

Since its first human WNV case in 2002, the state has reported 2,681 human cases, including 877 hospitalizations and 47 deaths. Every county has reported cases.

For more information on WNV and other health-related items, visit DOH.SD.GOV.



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21 N Main, Groton 605/397-NEWS (6397)
Paul Irvin Kosel, Publisher paperpaul@grotonsd.net ~ 605-397-7460

Tina Kosel, Office Manager office@grotonsd.net ~ 605-397-7285

Notices: legals@grotonsd.net

News Items: news@grotonsd.net

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Locke Electric Can't Catch Up To Aberdeen Circus Sports Bar

Locke Electric fell behind early and couldn't come back in a 13-0 loss to Aberdeen Circus Sports Bar on Wednesday. Aberdeen Circus Sports Bar scored on a home run by Karson Hesser in the first inning, a single by Ryan Ellingson in the first inning, a single by Tyler Newman in the first inning, a single by Hesser in the second inning, and a single by Kelly Coates in the second inning.

The Locke Electric struggled to contain the high-powered offense of Aberdeen Circus Sports Bar, giving up 13 runs.

Aberdeen Circus Sports Bar opened up scoring in the first inning, when Hesser homered on the first pitch of the at bat, scoring two runs.

A single by Dylan Frey in the first inning was a positive for Locke Electric.

Otto led the Aberdeen Circus Sports Bar to victory on the pitcher's mound. The pitcher surrendered zero runs on four hits over seven innings, striking out 16 and walking zero.

Aaron Severson took the loss for Locke Electric. The pitcher allowed 18 hits and 13 runs over seven innings, striking out four.

Heath Giedt, Frey, Spencer Locke, and Wilson Bonet all had one hit to lead Locke Electric.

Aberdeen Circus Sports Bar had 18 hits in the game. Hesser, Tyler Oliver, Michael Babcock, and Dalton Cox all managed multiple hits for Aberdeen Circus Sports Bar. Hesser went 5-for-5 at the plate to lead Aberdeen Circus Sports Bar in hits. Aberdeen Circus Sports Bar didn't commit a single error in the field. Coates had 16 chances in the field, the most on the team.

Pitching By Pierce Shuts Out Sisseton, Groton Legion Post #39 Takes The Win

Pierce Kettering didn't allow a single run as Groton Legion Post #39 defeated Sisseton 10-0 on Tuesday. Kettering allowed just five hits.

Groton Legion Post #39 fired up the offense in the first inning, when Konnor Sieber threw a wild pitch allowing one run across the plate for Groton Legion Post #39.

Groton Legion Post #39 put up four runs in the sixth inning. Kettering, Cole Simon, Jackson Cogley, and Douglas Heminger each drove in runs during the inning.

One bright spot for Sisseton was a single by Mikah Hamm in the first inning.

Kettering took the win for Groton Legion Post #39. Kettering surrendered zero runs on five hits over six innings, striking out five.

Sieber took the loss for Sisseton. Sieber surrendered six runs on seven hits over four and a third innings, striking out eight.

Groton Legion Post #39 saw the ball well today, racking up ten hits in the game. Bradin Althoff and Kettering all managed multiple hits for Groton Legion Post #39. Althoff led Groton Legion Post #39 with three hits in four at bats. Groton Legion Post #39 tore up the base paths, as four players stole at least two bases. Kettering led the way with three.

Groton Post 39 Jr Legion Defeats Milbank VFW Teeners On Heels Of Groeblichhoff's No-Hitter

Ryan Groeblichhoff was brilliant on the mound on Monday, as Groeblichhoff threw a no-hitter to lead Groton Post 39 Jr Legion past Milbank VFW Teeners 13-0.

Bradin Althoff led Groton Post 39 Jr Legion to victory by driving in six runs. Althoff went 3-for-4 at the plate. Althoff drove in runs on a single in the first, a single in the second, and a single in the fourth.

Groton Post 39 Jr Legion fired up the offense in the first inning, when Althoff singled on a 0-2 count, scoring one run.

Groton Post 39 Jr Legion tallied six runs in the fourth inning. Groton Post 39 Jr Legion's big inning was driven by singles by Korbin Kucker, Althoff, and Braxton Imrie, an error on a ball put in play by Teylor Diegel, and a double by Logan Ringgenberg.

Groeblichhoff was the winning pitcher for Groton Post 39 Jr Legion. The pitcher went five innings, allowing zero runs on zero hits and striking out 11.

Reese Rabe took the loss for Milbank VFW Teeners. The bulldog lasted four innings, allowing ten hits and ten runs while striking out three.

Groton Post 39 Jr Legion racked up 12 hits in the game. Althoff, Ringgenberg, Diegel, and Brevin Flihs each collected multiple hits for Groton Post 39 Jr Legion. Ringgenberg and Althoff each collected three hits to lead Groton Post 39 Jr Legion. Groton Post 39 Jr Legion stole 14 bases during the game as four players stole more than one. Diegel led the way with five.

Big Second Inning Propels Groton Post 39 Jr Legion to Victory Over Milbank VFW Teeners

Groton Post 39 Jr Legion scored eight runs in the second on its way to a 14-3 victory over Milbank VFW Teeners on Tuesday. Dillon Abeln, Brevin Flihs, Korbin Kucker, and Abeln all moved runners across the plate with RBIs in the inning.

Groton Post 39 Jr Legion got things started in the first inning when Bradin Althoff's sac fly scored one run for Groton Post 39 Jr Legion.

Groton Post 39 Jr Legion put up eight runs in the second inning. Abeln, Flihs, Kucker, and Abeln each drove in runs during the inning.

Teylor Diegel pitched Groton Post 39 Jr Legion to victory. The pitcher lasted three innings, allowing three hits and three runs while striking out six. Flihs threw two innings in relief out of the bullpen.

Tanner Hallquist took the loss for Milbank VFW Teeners. Hallquist lasted one and two-thirds innings, allowing three hits and 13 runs while striking out two.

Abeln led Groton Post 39 Jr Legion with two hits in three at bats. Diegel led Groton Post 39 Jr Legion with two stolen bases, as they ran wild on the base paths with ten stolen bases.

Milbank VFW Teeners stole seven bases during the game as two players stole more than one. Josh Pederson led the way with two.

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Groton U8 Softball

In back, left to right, are Ambrielle Feist, Rowan Hanson, Devan Locke, Ryan Hanson, Taylor Flihs, Kacie McComsey and Coach Kenzie McInerney; in front, left to right, are Emery Blackwood, Hazel Hill, Annie Harry, Haley Erickson, Preslee Giedt, Skyler Jacobson and Maci Dunbar. (Photo GDI Pixs)



Coach Kenzie McInerney had to do a quick pose for a picture with her sister, Kacie McComsey. (Photo by Paul Kosel)

Morris's Walk-off Gives Groton Jr. Teeners 14U Victory Over Britton

It came down to the wire on Tuesday, with Groton Jr. Teeners 14U taking victory on a dramatic walk-off single in the late innings that sealed their victory over Britton. Groton Jr. Teeners 14U was down 10-9 in the bottom of the fifth inning when N Morris singled on a 1-2 count, scoring two runs.

Morris led Groton Jr. Teeners 14U to victory by driving in four runs. Morris went 3-for-3 at the plate. Morris drove in runs on a single in the fourth and a single in the fifth.

Britton fired up the offense in the first inning, when D Person singled on the first pitch of the at bat, scoring one run.

Groton Jr. Teeners 14U scored four runs in the fourth inning. Groton Jr. Teeners 14U batters contributing to the big inning included K Flihs, Morris, and J Erdmann, all driving in runs in the frame.

Britton scored five runs in the second inning. Britton's big inning was driven by singles by B Hawkinson and W Richter and a double by G Fossness.

Erdmann earned the victory on the hill for Groton Jr. Teeners 14U. The fireballer surrendered zero runs on zero hits over one and two-thirds innings, striking out five. Lincoln Krause threw two and a third innings in relief out of the bullpen.

J Tisher took the loss for Britton. The bulldog surrendered eight runs on eight hits over four and a third innings, striking out six.

Ryder Jangula started the game for Groton Jr. Teeners 14U. The ace surrendered eight runs on seven hits over one inning.

Groton Jr. Teeners 14U saw the ball well today, racking up ten hits in the game. Morris, N Groeblichhoff, and K Antonsen all collected multiple hits for Groton Jr. Teeners 14U. Groeblichhoff and Morris each collected three



Karsten Flihs pitching. (Photo by Paul Kosel)



Jarrett Erdmann catching. (Photo by Paul Kosel)



Ryan Hanson picks up the ball and prepares to throw it first base. (Photo by Paul Kosel)



Preslee Giedt gets a hit for the U8 Softball Team. (Photo by Paul Kosel)



Carter Simon hits an RBI single. (Photo by Paul Kosel)

hits to lead Groton Jr.

Teeners 14U. Groton Jr. Teeners 14U didn't commit a single error in the field. Morris had nine chances in the field, the most on the team. Groton Jr. Teeners 14U stole seven bases during the game as two players stole more than one. Morris led the way with three.

Britton collected nine hits. Richter and J Rein each managed multiple hits for Britton.

In the other game, Groton had 15 hits in three innings to post a 17-2 win.

Nick Morris and Carter Simon each had a double while Lincoln Krause and Jarrett Erdmann each had two singles. Morris was three for three at bat with three runs scored and had three RBI. Karsten Flihs pitched for one and one-third inning with three strike-outs and four walks. Gavin Englund finished the game with one strike-out and one hit. Erdmann was the catcher.

**Brown County
June 21, 2022**

Meeting Minutes

JUNE 21, 2022 – GENERAL MEETING

Meeting called to order by Chair Sutton at 8:45 A.M. in the Commission Chambers, Court-house Annex, Brown County, SD. Present were Commissioners Feickert, Fjeldheim, Wiese, and Gage. Commissioner Gage led the Pledge of Allegiance.

APPROVAL OF AGENDA:
Moved by Fjeldheim, seconded by Gage to approve the agenda. All members present voting aye. Motion carried.

OPPORTUNITY FOR PUBLIC COMMENT:
An opportunity for public comment was given.

LAW OFFICER OF THE YEAR AWARD:

Mike Hill (Brown County Sheriff Deputy) was recognized by 40/8 Veteran's Groups as Law Officer of the Year.

APPLICATION FOR OCCUPANCY:

Move by Wiese, seconded by Feickert to approve the following application for occupancy: Northern Electric for occupancy of Brown County Highway Number 16, in section 08, township 62W, Brown County South Dakota for electrical service. All members present voting aye. Motion carried.

HIGHWAY DEPARTMENT UPDATE:

Highway Superintendent, Dirk Rogers, met to give an update on current and future road and bridge projects.

STORM DAMAGE UPDATE:

Scott Meints, Emergency Manager, gave an update on recent storm damage in Brown County. Frederick area suffered significant damage and research is being conducted to determine if the area qualified for a disaster declaration. No action taken.

MINUTES:

Moved by Wiese, seconded by Gage to approve the general meeting minutes of June 14, 2022. All members present voting aye. Motion carried.

CLAIMS/PAYROLL:

Moved by Feickert, seconded by Fjeldheim to approve the following claims and payroll: PAYROLL: Commission \$4,503.96; Elections (Voucher) \$13,620.62; Auditor \$11,021.98; Treasurer \$14,349.53; SA \$26,162.38; SVAWA \$0.00; Maintenance \$9,958.85; Assessor \$15,275.89; Register of Deeds \$8,242.40; VSO \$4,168.64; GIS \$2,483.72; IT \$7,536.19; HR \$4,061.37; Sheriff \$45,022.80; Jail \$56,748.05; Coroner (Voucher) \$0.00; Court Security \$6,874.76; JDC \$31,808.82; Welfare \$2,161.43; Museum \$9,519.80; Parks/Fairgrounds \$5,487.72; Fair Board \$5,239.82; 4-H \$832.04; Weed \$4,253.25; Planning & Zoning \$5,681.44; Highway \$45,095.40; Dispatch \$35,838.18; Emergency \$4,285.81; Teen Court \$547.20; JDAI \$1,846.15; 24/7 Sobriety \$1,511.87; Landfill \$14,774.53; MATCHING BENEFITS: FICA \$23,141.35; Medicare \$5,412.07; Discovery HSA \$864.96 and June SDRS Retirement \$46,826.86. CLAIMS: Professional Fees: AGTERRA TECHNOLOGIES, INC. \$440.00; DARCY LOCKWOOD \$15.00; DEPENDABLE SANITATION INC \$36,531.40; KRISTI BRANDT \$44.20; KRISTI SPITZER \$200.00; LEWIS & CLARK BHS \$184.00; LUCY LEWNO \$150.00; MARK KATTERHAGEN \$15.00; NAT'L SHERIFF ASSOCIATION \$142.00; REGENCY MIDWEST VENTURES LIMITED PARTNERSHIP PROPE \$250.00; SANFORD HEALTH OCCUPATIONAL MEDICINE ABERDEEN \$72.00; SHI INTERNATIONAL CORP \$29,504.61; THURMAN LAW OFFICE \$430.65; UND Forensic Pathology \$2,380.00; ZYLSTRA INVESTIGATIONS \$3,142.50. Publishing: HUB CITY RADIO \$300.00; LEE ENTERPRISES \$81.68; MIDSTATES PRINTING \$349.00. Repairs & Maintenance: ACE REFRIGERATION LLC \$310.08; ECOLAB PEST ELIMINATION \$117.60; WOODMAN REFRIGERATION, INC \$120.41. Supplies: ABERDEEN MEDICAL CENTER PHARMACY \$658.75; ARAMARK UNIFORM & CAREER APPAREL GROUP, INC \$127.29; CENTURY BUSINESS PRODUCTS \$730.28; CHARM-TEX \$335.50; DIAL-A-MOVE \$476.70; FIRE SAFETY FIRST, LLC \$46.85; GOVCONNECTION INC \$859.68; GREAT WESTERN STATES SUPPLY CO. \$281.25; KEN'S SUPERFAIR FOODS \$219.21; KESSLERS \$247.55; LUCY LEWNO \$6.53; MB LLC \$1,197.22; NAT'L 4-H COUNCIL - SUPPLY SERVICE

Moved by Wiese, seconded by Gage to approve the following Human Resource Report:
Acknowledge resignation of Tracy Madsen, Brown County State's Attorney's Office, full-time; effective June 24, 2022 and approve request to fill vacancy.
Acknowledge Resignation of Elise Westfall, Brown County JDC Correctional Officer, full-time; effective June 25, 2022 and approve request to fill vacancy.
Approve hiring of Lisa Samson as Brown County State's Attorney Legal Secretary, full-time; starting wage of \$18.01 per hour; effective June 27, 2022.
Approve amendment to start date on 6.14.22 HR report: Hiring of Veronica Garcia as Legal Secretary for State's Attorney's Office, full-time; starting wage \$16.47 per hour; effective June 21, 2022.
All members present voting aye. Motion carried.

SHERIFF REPORTS:
Moved by Fjeldheim, seconded by Wiese to approve the following May 2022 Sheriff Reports: Incidents and offenses, Prisoner care, JDC, and Money deposited with the County Treasurer. All members present voting aye. Motion carried.

LEASES:
Moved by Feickert, seconded by Gage to approve the following lease agreement:
Boys Scouts of America for lease of Richmond Lake Youth Camp Lodge June 18th, 2022. All members present voting aye. Motion carried.

EXECUTIVE SESSION:
Moved by Wiese, seconded by Gage to go into executive session to discuss personnel and legal per SDCL 1-25-2. All members present voting aye. Motion carried. The chair declared the executive session closed with no action taken.

ADJOURNMENT:

2022

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FISCAL YEAR 2023 FREDERICK AREA SCHOOL DISTRICT #6-2 BUDGET

ESTIMATED EXPENDITURES.....GENERAL		CAPITAL OUTLAY	SPECIAL EDUCATION	FOOD SERVICE	DRIVERS ED	TOTAL
1110 Elementary Programs	\$488,515	\$42,311				\$530,826
1120 Middle/Junior High Programs	\$119,677	\$38,415				\$158,092
1130 High School Programs	\$283,130	\$39,718				\$322,848
1220 Special Education Programs			\$245,213			\$245,213
1270 Title I Program	\$59,615					\$59,615
2120 Guidance Services	\$61,806					\$61,806
2140 Psychological Services			\$4,547			\$4,547
2150 Speech Pathology Services			\$11,779			\$11,779
2170 Student Therapy Services			\$29,000			\$29,000
2210 Improvement of Instruction Services	\$5,516					\$5,516
2220 Educational Media Services	\$98,206	\$32,514				\$130,720
2310 Board of Education Services	\$71,376	\$666				\$72,042
2320 Office of the Superintendent Services	\$94,730					\$94,730
2410 Office of the Principal Services	\$166,655	\$1,199				\$167,854
2490 Other Support Services	\$200					\$200
2520 Fiscal Services	\$94,216	\$6,050				\$100,266
2530 Facilities Acquisition and Construction Services						\$0
2540 Operation & Maintenance of Plant Services	\$214,181	\$83,515				\$297,696
2550 Student Transportation Services	\$129,110					\$129,110
2560 Food Services		\$895		\$104,130		\$105,025
2710 Special Education Administrative Costs			\$5,853			\$5,853
2730 Special Education Transportation Costs			\$400			\$400
2740 Special Education Transportation Costs			\$800			\$800
3900 Other Community Services					\$4,956	\$4,956
6100 Male Activities	\$39,266	\$1,250				\$40,516
6200 Female Activities	\$28,849					\$28,849
6500 Transportation	\$10,454					\$10,454
6900 Combined Activities	\$83,517	\$10,035				\$93,552
7000 Contingencies	\$10,000					\$10,000
8110 Transfers Out to General Fund		\$263,785				\$263,785
8110 Transfers Out to Food Service	\$28,570					\$28,570
8110 Transfers Out to Drivers Education	\$2,706					\$2,706
TOTAL ESTIMATED EXPENDITURES	\$2,090,295	\$520,353	\$297,592	\$104,130	\$4,956	\$3,017,326
ESTIMATED MEANS OF FINANCE.....GENERAL	CAPITAL OUTLAY	SPECIAL EDUCATION	FOOD SERVICE	DRIVERS ED	TOTAL	
1000 Local Sources	\$905,066	\$595,794	\$253,043	\$44,700	\$2,250	\$1,800,853
2000 Intermediate Sources	\$6,400					\$6,400
3000 State Sources	\$740,936			\$260		\$741,196
4000 Federal Sources	\$124,746			\$30,600		\$155,346
TOTAL ESTIMATED REVENUE	\$1,777,148	\$595,794	\$253,043	\$75,560	\$2,250	\$2,703,795
5110 Transfers in from General Fund				\$28,570	\$2,706	\$31,276
5110 Transfers in from Capital Outlay	\$263,785					\$263,785
TOTAL ESTIMATED INTER-FUND TRANSFERS	\$263,785			\$28,570	\$2,706	\$295,061
CASH RESERVES	\$49,362	-\$75,441	\$44,549			\$18,470
TOTAL MEANS OF FINANCE	\$2,090,295	\$520,353	\$297,592	\$104,130	\$4,956	\$3,017,326

Published June 29, 2022, at the total approximate cost of \$159.46 and may be viewed free of charge at www.sdpublicnotices.com. 21296

\$245.61; NELSON SALES & SERVICE, LLC \$142.99; NORTHERN VALLEY COMMUNICATION \$26.76; PHARMCHEM \$566.10; PLUMBING & HEATING WHOLESALE, INC. \$211.03; SHERWIN WILLIAMS \$165.50; THURMAN LAW OFFICE \$11.31; TITAN MACHINERY - ABERDEEN NH \$603.76; WEST PUBLISHING CORP. \$1,839.44. Travel & Conference: Cortney Paul \$534.04. Utilities: CITY OF ABERDEEN \$1,465.44; JAMES VALLEY TELECOMMUNICATIONS \$213.90; NORTHERN ELECTRIC COOP, INC \$905.24; NORTHERN VALLEY COMMUNICATION \$4,792.86; NORTHWESTERN ENERGY & COMMUNICATIONS \$121.00; QWEST CORPORATION \$1,446.33; STATE OF SOUTH DAKOTA \$102.75; VERIZON WIRELESS SERVICES LLC \$3,114.24. Rentals: PANTORIUM CLEANERS INC. \$207.36; SEWER DUCK INC \$175.00. All members present voting aye. Motion carried.

HR REPORT:
Moved by Wiese seconded by Gage to approve the following Human Resource Report:
Acknowledge resignation of Tracy Madsen, Brown County State's Attorney's Office, full-time; effective June 24, 2022 and approve request to fill vacancy.
Acknowledge Resignation of Elise Westfall, Brown County JDC Correctional Officer, full-time; effective June 25, 2022 and approve request to fill vacancy.
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All members present voting aye. Motion carried.

SHERIFF REPORTS:
Moved by Fjeldheim, seconded by Wiese to approve the following May 2022 Sheriff Reports: Incidents and offenses, Prisoner care, JDC, and Money deposited with the County Treasurer. All members present voting aye. Motion carried.

LEASES:
Moved by Feickert, seconded by Gage to approve the following lease agreement:
Boys Scouts of America for lease of Richmond Lake Youth Camp Lodge June 18th, 2022. All members present voting aye. Motion carried.

EXECUTIVE SESSION:
Moved by Wiese, seconded by Gage to go into executive session to discuss personnel and legal per SDCL 1-25-2. All members present voting aye. Motion carried. The chair declared the executive session closed with no action taken.

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Moved by Fjeldheim, seconded by Wiese to adjourn the Brown County Commission at 10:05 a.m. All members present voting aye. Motion carried.
Cathy McNickle, Brown County Auditor
Published June 29, 2022, at the total approximate cost of \$64.29 and may be viewed free of charge at www.sdpublicnotices.com. 21297

**Groton City
Shilhanek
Variance**

NOTICE OF VARIANCE HEARING

NOTICE IS HEREBY GIVEN THAT The Groton Planning & Zoning Commission will be holding a public hearing on July 25, 2022 at 6:00pm CDT at City Hall, 120 N Main St, Groton, SD for a variance of Chapter 11, Section 11.0106 of the Groton Zoning Ordinance. This application was made by Michael & Regan Shilhanek, 307 W 2nd Ave, Groton, SD, for the reduction in front yard to be 20 feet on property legally described as WB Hayes Addition, Block 45, Lots 13-16. A variance is required for the reduction in required minimum front yard size in a Residential (R-3) District.
Any person wishing to present testimony for or against this variance may appear in person or by representative at the above time and place.
Douglas Heinrich
Zoning Administrator
Published June 29, 2022, at the total approximate cost of \$11.04 and may be viewed free of charge at www.sdpublicnotices.com. 21298

**Groton City
June 21, 2022
Meeting Minutes**

June 21, 2022

The Groton City Council met on the above date at 7:00 p.m. at 120 N Main Street for their second monthly meeting with the following members present: Bahr, Wambach, Babcock, Wells, Nehls, and Mayor Hanlon presiding. Also present were: Attorney Drew Johnson and Paul Kosel.
Public comments were welcomed pursuant to SDCL 1-25-1, but none were received.

The minutes from the previous meeting were amended to read that discussion took place regarding the possibility of a Farmer's Market and Wine Walk on Main Street. The minutes were approved with that change on a motion by Babcock and seconded by Wells. All members voted aye.
Moved by Wambach and seconded by Bahr to authorize the following bills for payment. All members voted aye.
Payroll, \$39,715.40, Employee salaries; Administrative, \$4,813.04; Public Safety, \$10,600.44; Public Works, \$12,653.46; Culture & Recreation, \$11,648.46; BNSF,

Public Works, \$10,600.44; Public Safety, \$10,600.44; Public Works, \$12,653.46; Culture & Recreation, \$11,648.46; BNSF,

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Public Works, \$10,600.44; Public Safety, \$10,600.44; Public Works, \$12,653.46; Culture & Recreation, \$11,648.46; BNSF,

JVTC Uncashed Capital Credit Checks

This notice is hereby given that the persons or entities listed below have uncashed capital credit checks issued in 2015. In accordance with the bylaws (Article VIII Section 8.2), the amounts of these uncashed checks will be forfeited to James Valley Cooperative Telephone Company six months after the date of publication of this notice unless money is claimed and proper evidence of ownership is submitted to James Valley Cooperative Telephone Company within the six month period. Any persons knowing the current address of the persons listed below, please contact James Valley Cooperative Telephone Company, PO Box 260, Groton, SD 57445 or call 800-556-6525.

Payee	Payee	Payee
Adler, Ron & Doris	Herman, Janice	Peterson, Raymond
Allbee, Barry & Darcy	Herther, Derrick	Phillips, Keith
American Broadband Inc	Hoefer-Doggett, Jackie	Pigors, Jeanette
Bergan, Tom	Holverson, Jeff & Crystal	Pistorius, Linda
Braun, Virgil & Myrna	Huber, Clyde	Plymell, Clark & Charli
Brevik, Nicholas & Brid	Ishmael, Marvin	Rasmussen, Donna
Brewer, Clayton	Jackson, Travis & Karen	Rock, Mathieu & Marisue
Briggs, Rick	Kolasch, Trent	Rountree, Brad
Brossart, Kevin & Tamara	Kosz Radio	Schmit, Carole
Christenson, Mark	Kraai, William	Schnoor, Everett
Dillon, Larry & Pam	Kutter, Randy	Scho, Christian
Donley, Venus	Kutter, Rose	Sperry- Krause, Anita
Donovan, Anthony	Lamb, Doris & Roy	Stuart, Rick & Dana
Fdic-Sr 59447	Lange, Charlotte	Synoground, David
Ford, Jill	Martin, Karla	Taylor, Caryl
Fordham, Mike	McKague, Mike	Underground Utility
Franklin, Larry	Morris, Jamie	Vasquez, Sara
Fuller, Ruby	Odstrcil, Corey	Veith, Jay & Mindy
Hansen, Chris	Olson, C.T.	Waldner, Brant
Hanson, Virgil	Olson, Carol	Walter, Jerome
Harry, Arminta	Olson, Daren	Wipf, Elias
Hauser, Kirk	Olson-Bahr, Michelle	Wipf, Martin
Hensley, Mark	Otteson, Kern	Wright, Adam & Lisa

Published June 29, 2022, at the total approximate cost of \$33.31 and may be viewed free of charge at www.sdpublicnotices.com. 21299

\$2,532.00, RR Permit Renewal - BF86229 & BF86230; SD State Treasurer, \$10,554.36, Sales and Excise Tax - May of 2022; Dacotah Bank, \$6,905.97, Withholding/SS/Medicare; Dacotah Bank, \$725.80, Withholding/SS/Medicare; Dakotaland FCU, \$730.00, Employee Savings; Dacotah Bank, \$4,376.24, HSA contributions; USPS, \$242.03, Utility Billing Postage; Hayley Merkel, \$198.66, Utility Deposit Refund; Ron & Dawn Breedlove, \$708.74, Utility Deposit Refund; Turner Webb, \$197.97, Utility Deposit Refund; Doug & Jasmin Raap, \$195.74, Utility Deposit Refund; City of Groton, \$557.63, Utility Deposit Refunds & Baseball Pass Refund; Dacotah Bank, \$3,317.72, Withholding/SS/Medicare; IT Outlet, \$288.00, Microsoft Office 365 Subscription - 3 Users; Milbank Baseball, \$250.00, Jr. Legion Tournament Entry Fee; Boys Athletics 2032, \$150.00, U8 Tournament Entry Fee - Baseball; SD Retirement System, \$384.80, Employee Retirement; Ecolab, \$106.00, Rubble Site Rodent Control; Angerhofer Concrete Products, \$52.50, 3 Sandblasted Bricks w/ Names - Swimming Pool; MJs Sinclair, \$1,987.56, Fuel, Car washes, Mower tire repair; Dacotah Bank Visa, \$3,170.67, Water/sewer testing, concession products for resale, certified letter fee, fuel, work boots for shop, equipment bags for baseball, trophies and medals for baseball, Jr Legion registration fee, insurance premium for Legion baseball, WristCoaches - baseball, hanging folder frames, file organizer; Metering & Technology Solutions, \$931.20, Orion LTE-M Cellular Endpoint - Water; Ken's Food Fair, \$1,970.14, Fuel, drinking water, coffee, products for resale for baseball conces-

sions, 5w30 oil for mower; ; Runnings Supply Co., \$85.96, Bungee cords, tarp straps, ratchet strap, gloves; Altec Capital Services, LLC, \$2,189.93, Lease for Digger Truck; Groton Daily Independent, \$66.23, Publishing Fees; Aramark, \$37.84, Rug Rent; IMEG Corp., \$3,194.15, Engineering Services; DANR, \$600.00, Annual Environmental Fee - Drinking Water; Heartland Consumer Power, \$33,809.13,

Groton Jr. Teeners 14U Stays Scrappy In Loss To Warner 14

Groton Jr. Teeners 14U fought back after falling down by four runs in the fourth inning. The comeback fell just short though, in a 7-6 defeat to Warner 14 on Friday. Groton Jr. Teeners 14U scored two runs in the failed comeback on a groundout by Ryder Jangula and a groundout by Jarrett Erdmann.

Groton Jr. Teeners 14U fell behind early in the loss. Warner 14 took the lead on a single in the first inning.

Warner 14 fired up the offense in the first inning. #25 singled on a 1-0 count, scoring two runs.

Groton Jr. Teeners 14U scored three runs in the fifth inning. Jangula and Erdmann all moved runners across the plate with RBIs in the inning.

Warner 14 scored three runs in the fourth inning. Warner 14's big inning was driven by singles by #23 and #26.

#1 was credited with the victory for Warner 14. The hurler went four and a third innings, allowing six runs on six hits and striking out two. #10 threw two-thirds of an inning in relief out of the bullpen.

Nicholas Morris took the loss for Groton Jr. Teeners 14U. Morris lasted four innings, allowing 12 hits and seven runs while striking out five.

Gavin Englund, Tristin McGannon, Carter Simon, Nick Groeblichhoff, Karter Moody, and Morris all had one hit to lead Groton Jr. Teeners 14U. Morris led Groton Jr. Teeners 14U with two stolen bases, as they ran wild on the base paths with nine stolen bases. Groton Jr. Teeners 14U didn't commit a single error in the field. Erdmann had the most chances in the field with six.

Warner 14 racked up 12 hits on the day. #26, #23, #25, and #37 all managed multiple hits for Warner 14. Warner 14 tore up the base paths, as two players stole at least two bases. #37 led the way with two. Warner 14 didn't commit a single error in the field. #26 had five chances in the field, the most on the team.

In Walk-off, Groton Jr. Teeners 14U Loses To Warner 14

Groton Jr. Teeners 14U fell to Warner 14 7-6 on Thursday on the final play of the game. The game was tied at six with Warner 14 batting in the bottom of the sixth when #1 singled on the first pitch of the at bat, scoring one run.

Groton Jr. Teeners 14U trailed by four runs in the second inning, but then fought back to lower the final margin. Groton Jr. Teeners 14U scored six runs in the failed comeback on a single by Nicholas Morris in the fourth, a single by Kellen Antonsen in the fifth, a double by Karsten Fliehs in the fifth, and a single by Nick Groeblichhoff in the fifth.

Groton Jr. Teeners 14U tallied five runs in the fifth inning. The offensive onslaught came from singles by Antonsen and Groeblichhoff and a double by Fliehs.

#26 led the Warner 14 to victory on the mound. The ace lasted four and two-thirds innings, allowing three hits and four runs while striking out three. #23 threw one and one-third innings in relief out of the bullpen.

Antonsen took the loss for Groton Jr. Teeners 14U. Antonsen allowed 15 hits and seven runs over five and two-thirds innings, striking out two and walking zero.

Lincoln Krause went 2-for-3 at the plate to lead Groton Jr. Teeners 14U in hits. Groton Jr. Teeners 14U was sure-handed and didn't commit a single error. Gavin Englund made the most plays with seven.

Warner 14 collected 15 hits. #37, #45, #1, #10, and #35 all had multiple hits for Warner 14. #37 led Warner 14 with three hits in three at bats. Warner 14 didn't commit a single error in the field. #23 had six chances in the field, the most on the team.

Groton Legion Post #39 Loses Lead Early in Defeat

Groton Legion Post #39 fell behind early and couldn't come back in a 13-4 loss to Lake Norden on Thursday. Lake Norden scored on a triple by Jackson Noem in the first inning, a walk by George Jenson in the first inning, a single by Carson Pederson in the first inning, a single by Luke Steffenson in the first inning, a fielder's choice during Cristhian Rodriguez's at bat in the first inning, an error during Cameron Thue's at bat in the second inning, a walk by Kady Swenson in the second inning, a double by Rodriguez in the second inning, and a triple by Noem in the second inning.

The Groton Legion Post #39 struggled to contain the high-powered offense of Lake Norden, giving up 13 runs.

Lake Norden got things started in the first inning. Noem tripled on a 1-1 count, scoring one run.

Lake Norden scored seven runs in the second inning. The big inning for Lake Norden came thanks to a walk by Swenson, a triple by Noem, an error on a ball put in play by Thue, and a double by Rodriguez.

Tyson Stevensen earned the victory on the mound for Lake Norden. The fireballer went four innings, allowing two runs on one hit and striking out six. Swenson threw three innings in relief out of the bullpen.

Evin Nehls took the loss for Groton Legion Post #39. The righty went one and one-third innings, allowing 11 runs on five hits and striking out three.

Bradin Althoff went 2-for-2 at the plate to lead Groton Legion Post #39 in hits.

Lake Norden racked up 12 hits on the day. Rodriguez, Pederson, Noem, and Thue each collected multiple hits for Lake Norden.

Kucker's Walk-off Picture Perfect Ending In Groton Post 39 Jr Legion's Victory Over Lake Norden

It came down to the wire on Friday, with Groton Post 39 Jr Legion taking victory on a dramatic walk-off single in the late innings that sealed their victory over Lake Norden. The game was tied at five with Groton Post 39 Jr Legion batting in the bottom of the seventh when Korbin Kucker singled on a 2-2 count, scoring one run.

Groton Post 39 Jr Legion earned the victory despite allowing Lake Norden to score four runs in the third inning. Christian Rodriguez, Aiden Abraham, and Jackson Wadsworth all moved runners across the plate with RBIs in the inning.

Lake Norden got on the board in the first inning when Turner Stevenson grounded out, scoring one run.

In the bottom of the fourth inning, Groton Post 39 Jr Legion tied things up at five when Caden McInerney singled on a 1-0 count, scoring one run.

Groton Post 39 Jr Legion notched five runs in the fourth inning. The offensive firepower by Groton Post 39 Jr Legion was led by Ryan Groeblichhoff, Braxton Imrie, and McInerney, who all drove in runs.

Bradin Althoff was credited with the victory for Groton Post 39 Jr Legion. Althoff surrendered zero runs on zero hits over two-thirds of an inning, striking out one and walking one.

Rylen Thue took the loss for Lake Norden. Thue lasted one and two-thirds innings, allowing one hit and one run while striking out two.

Ryker Warrington started the game for Lake Norden. The bulldog allowed five hits and five runs over five innings, striking out seven. Dillon Abeln started the game for Groton Post 39 Jr Legion. The righthander lasted six and a third innings, allowing six hits and five runs while striking out 13 and walking one.

Althoff led Groton Post 39 Jr Legion with two hits in two at bats.

Wadsworth went 2-for-3 at the plate to lead Lake Norden in hits.

State of S.D. Johnson Estate Notice

STATE OF SOUTH DAKOTA
CIRCUIT COURT
COUNTY OF BROWN.. FIFTH
JUDICIAL CIRCUIT
IN THE MATTER OF THE
ESTATE OF
ROGER F. JOHNSON, DE-
CEASED
06PR022 000075
NOTICE TO CREDITORS
Notice is given that on the
16th day of June, 2022, Shane
Johnson, Matthew Johnson and
Darcy Albrecht whose addresses
are set forth below, were ap-
pointed as personal representa-
tives of the estate of Roger F.
Johnson.

Creditors of the decedent
must file their claims within four
(4) months after the date of the
appointment of the personal
representative on the 16th day
of June, 2022 or within sixty (60)
days after the date of mailing or
delivery of this written notice,
whichever is later, or be forever
barred.

Claims may be filed with the

personal representative or may
be filed with the Clerk of Courts
and a copy of the claim mailed
to the personal representative.

Dated this 16 day of June,
2022.

Shane Johnson
403 4th Avenue
Claremont, SD 57432
(605) 294-7755

Matthew Johnson
40810 124th Street
Groton, SD 57445
(605) 397-7430

Darcy Albrecht
1612 S. 8th Street
Aberdeen, SD 57401
(605) 228-3416

Clerk of Courts
Brown County Courthouse
25 Market Street
Aberdeen, SD 57401

Kari A. Bartling, Attorney
P.O. Box 467 Groton, SD
57445

(605) 397-8464
tdlaw@nvc.net
(605) 228-0713

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13, 2022, at the total approxi-
mate cost of \$55.18 and may be
viewed free of charge at www.
sdpublicnotices.com. 21300

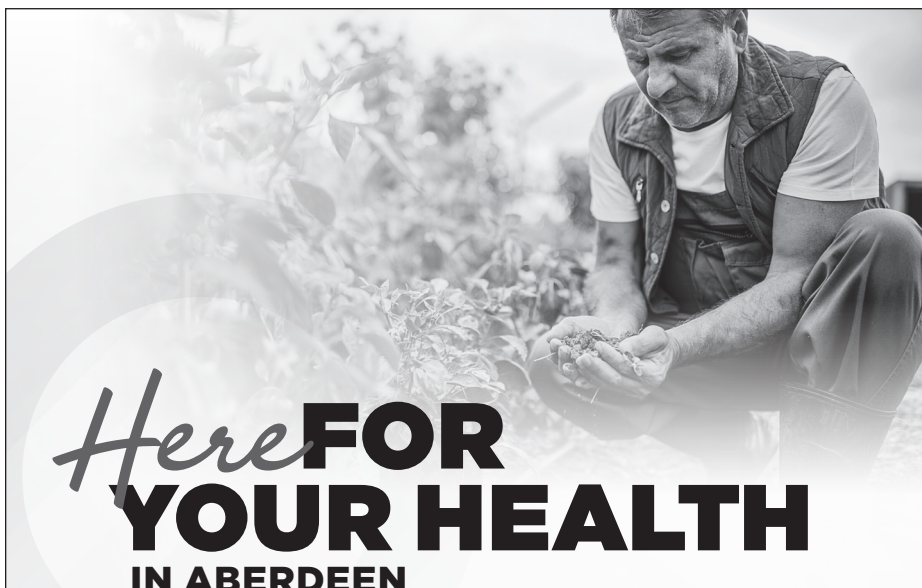
Henry Township Weed Mowing Notice

HENRY TOWNSHIP
WEED NOTICE

Henry Township owners and
tenants of Henry Township are
herby notified and required ac-
cording to law, to cut all weeds in
ditches adjacent to their property
or tenanted by them within said
on or before July 15, 2022 or
someone will be hired by the
township board and \$250.00 per
half mile charged to the abutting
property. By order of the town-
ship board.

Darlene Sass
Township Clerk
(605) 229-0706

Published June 29 and July 6,
2022, at the total approximate
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Dear EarthTalk: Why are food manufacturers adding potentially carcinogenic potassium bromate to the flour of many of the packaged baked goods we consume? What are the risks and how can we minimize them?

-- Annie C., Poulsbo, WA

It may sound strange, but there are still many food manufacturers across the world who choose to enhance the quality and appearance of their baked products by adding the carcinogenic compound known as potassium bromate (KBrO₃) to their flour.

Potassium bromate, a "potential human carcinogen" as deemed by the International Agency for Research on Cancer, is often used as an oxidizing agent during the production of baked goods such as bread or pizza.

In order for a baked good to achieve that fluffy, high-risen appearance and texture, it must be oxidized first. In the past, dough would be kneaded repeatedly by a baker, then left out in the open air to oxidize naturally; a process that can take days, even weeks. Potassium bromate shortens this process by directly and more potently strengthening the bonds between gluten (the constituent parts of any baked good), resulting in a more efficiently-made, better-looking baked product.

But is the possibility of cancer worth it? Potassium bromate is unfortunately an excellent source of free radicals (unstable atoms) called

reactive oxygen species (ROS), the kind that cause mutations in our DNA. These mutations can in some cases accumulate, producing cancers of the thyroid, liver, and kidneys.

In 1982, Japanese researchers were the first to publish a series of papers stating that potassium bromate was causing these different types of cancer in rats. Many countries shortly thereafter banned its use (including the European Union, Argentina, Brazil, Canada, Nigeria, South Korea and Peru, among others). The FDA, however, felt that the US need not ban potassium bromate as levels in most baked goods sold were unlikely to exceed 20 parts per million (ppm), an amount deemed safe for human consumption.

Before you run to the nearest poison control center, remember that it is the quantity of potassium bromate in the end product that ultimately determines its carcinogenic potential, not its mere presence. According to the FDA, 50 ppm (parts per million) is the upper limit for its use in bromated flour. As for its use in bread, 75 ppm is considered the limit for safe human consumption.

If you're a hobbyist who enjoys baking their own bread or other similar products, it should be noted that if your product fails to reach a high enough temperature, or if it isn't baked long enough, it may contain residual amounts of potassium bromate. Your best option for baking carcinogen-free items is by using unbromated flour, although the process is a little different. More mixing is required (as there is less oxidative potential), as well as the set-



Flour-additive potassium bromate can enhance the quality and appearance of baked goods, but is it worth getting cancer over? Credit: Pexels.com.

ting of a lower initial temperature (due to the temperature increase from the mixing).

As for those hoping to purchase unbromated baked goods, it is of course required by law that all ingredients be stated on the packaging. If you're lucky enough to live in California, a warning label stating carcinogenic ingredients should be visible on the packaging. Keep an eye out for "potassium bromate" or "bromated flour" — and if you see either ingredient, do yourself a favor and put it back.

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Inflammation and the Immune System

Many of my patients will say "Doctor, I am so inflamed". The use of the word inflammation is commonplace as we search the market for anti-inflammatory

diets or self-help books on inflammation. The inflammatory response created by the immune system contributes to healing, but when left unchecked can contribute to chronic disease, allergy, and non-specific symptoms such as achy joints, fatigue, and malaise.

The immune system has two main parts. The first of these is the innate immune system which is the body's first line of defense. The innate immune system acts as a barrier that prevents harmful materials from entering the body and responds quickly when needed. The second part is the adaptive immune system. This system is more specialized and takes over if the innate immune system is unsuccessful. The adaptive immune system responds slower than the innate immune system but more accurately.

So, how can we make our immune system healthier? Here are four areas that one can focus on to improve immune health: quality rest, eating well, exercising, and managing stress.

Lack of sleep weakens the immune system and makes it easier to become ill. This means your colds last longer and you may get them more often. Researchers recommend that adults get 7-8 hours of good sleep each night, while teens need about 10 hours.

Physicians often propose anti-inflammatory diets for people with chronic disease, inflammatory conditions, and food sensitivities. No one diet fits all, but diets that avoid inflammatory foods have proven beneficial. Dietary recommendations include avoiding processed food, meaning, things that come in a box or a bag. Focus on whole foods, such as apples, brown rice, nuts, seeds, and legumes. A good diet for inflammation and cholesterol is the Mediterranean diet. It increases omega-3 fatty acids which help reduce inflammation and hopefully lower those cholesterol numbers.

Exercise also helps our immune system. Getting at least 20-30 minutes of moderate to high level exercise a day boosts antibody response which helps stave off illness. In addition, exercise will also improve your mood. Managing stress is difficult for everyone. However, unplugging and practicing mindfulness are good coping strategies that can help you decompress after a long day.

We are often overwhelmed by stressful, busy lives. Inflammation and immune system issues cannot be fixed with a pill or a bit of advice. It requires a personal commitment to assess your own habits. Then consider what changes are possible for you. Working on one or all the aforementioned areas is worth a try. The power to improve your health and immunity lies within.

Jennifer May, M.D. practices rheumatology in Rapid City, South Dakota. She is a contributing Prairie Doc® columnist and guest host this week on the Prairie Doc® encore television show. For free and easy access to the entire Prairie Doc® library, visit www.prairiedoc.org and follow Prairie Doc® on Facebook featuring On Call with the Prairie Doc® a medical Q&A show streaming on Facebook and broadcast on SDPB most Thursdays at 7 p.m. central.



Jennifer May, MD

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