# The Groton Independent

Vol. 140 No. 29 ◊ Groton, SD ◊ Wednesday, April 5, 2023 ◊ Established in 1889

# **Groton Area holds 2023 POPS Concert**

(Photos lifted from GDILIVE.COM video)



Emcees: Cadance Tullis & Jaeger Kampa



ANNA BISBEE: Broken



**CARTER BARSE:** My Way



**ASHTYN BAHR:** Good 'Ol Fashioned Lover Boy



SHAYLEE PETERSON: Always Remember Us This Way



KAMRYN FLIEHS: Sweet Creature



NATALIA WARRINGTON: The Rose Song



**CADANCE TULLIS:** If I Ain't Got You



ELLIANA WEISMANTEL: To Build A Home (Page turner: Emily Clark)



ASHTYN BAHR, CAMRYN KURTZ, & ELLIANA WEISMANTEL: Stay



FLEX BAND: Music from Aladdin, We Don't Talk About Bruno, Pirates of the Caribbean and Mission Impossible



SHOW CHOIR: Bring Me To Life, Dark Horses, Misguided Ghosts, Not Gonna Die, Victorious



SENIOR DRUMLINE: The Train/Beat Cafe



CLASS OF 2023 BAND SENIORS: Skyfall



CAMRYN KURTZ: Landslide

## **Another snowpocalypse**

As I gaze out at a nine-foot gash through my driveway from which a semi-domesticated jackrabbit is able to peer into my second floor window, my neighbor is heroically pushing snow off the gravel with his loader tractor.

And another wall of snow is coming our way. In winters like this, it's tough for blade operators to keep up. It'd take nerves of steel to do that job. And brains of mush.

I know I'm supposed to cheer you up, but at this point, just be dang glad the paper arrived. Next to the snowplow operators and farmers in the calving barn, mail route drivers are my heroes. Their motto is, "Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds."

I don't know who wrote that, but I guarantee they're not from North Dakota.

I list my cell phone as an "emergency contact." However, I often field post-blizzard calls from subscribers if the paper isn't there that exact usual second. The good news is they really miss their paper. The bad news is, in typical Kraut fashion, they yell first and shoot later.

I prefer the Finns.

It's a cultural thing. Finns are passive-aggressive. Germans From Russia? Aggressive-aggressive. Not even the on-hold music, "Peace in the Valley," soothes them. They haven't gotten to the New Testament, yet. Their's is a "vengeful, wretched, spiteful, straight-razor totin' God." I think that's from Deuteronomy. Or Tony Joe White.

Me: "Uh, maybe you noticed most roads were shut down for nineteen days this month." Hulda: "That's no excuse."

Typically, it's a delivery snag. Not that we don't make mistakes. Which are invisible until it's in print, in the hands of thousands, and recorded for posterity. Subscribers instinctively know it's a delivery problem, but we have fewer bureaucratic levels than the USPS, so they call us. We pick up, they yell. One-stop yelling.

Their plan's for me to mail more copies at \$4 a pop (First Class) into the teeth of tomorrow's

# Groton Chiropractic Clinic

Carol McFarland-Kutter, D.C. 1205 N 1st St., Groton 397-8204

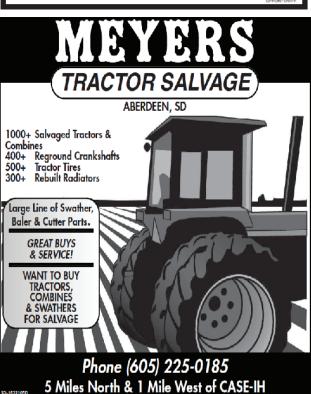
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blizzard. We will e-mail them out immediately. Otherwise, I quote the mail carrier's code and pray to that vengeful God for delivery on the third day. Instead of 40 days and 40 nights.

I think the reason I'm so Biblical today is because Mom invited us to miss Easter with her on Sunday. Also, to appease the state legislature which has been outgodding God this session.



That's
Life
by Tony Bender

I'm writing this in a bathrobe and don't know for sure if I'm drag-queening or not. That last sentence alone will keep me out of libraries.

Someone in Bismarck actually decided, "We've met the enemy and it's the library." Good news for librarians, though. A winter assault's unlikely.

Oh, yeah. Winter. Folks, here's what's not helping: Saying, "Well, it could be worse." Or, "It keeps the riff-raff out." Sure, but it keeps them here, too. They couldn't extradite our legislators even if someone wanted them.

I don't wanna hear about the Winter of 1997 or the Winter of 1966, either. Why don't you remind me of the time my favorite dog died while you're at it?

This, this, people, is The Winter of Our Discontent.

I had a routine blood test last week and the topic of weather inevitably arose, and my nurse, who outwardly appeared sane, told me she was thrilled that Bismarck might break the snowfall record—97 inches. "I should be stabbing you," I said.

So, enough with the cheerfulness. Not that it's been much of a problem. Have you visited Facebook, lately? They're all acting like subscribers. I posted that I'd made an August appointment to switch my truck back to summer tires and they called me an optimist.

You'll know before you get this issue—unless you're an online reader—whether the predicted doozy of a storm actually doozied. Here, we're as prepared as we can be. Got a standby generator and a backup backup generator. The freezer's full, pantry's full, and we have enough dried goods procured during COVID to last us until spring. Of 2024.

After that, Mr. Jackrabbit, all bets are off. Unless you really can lay eggs.

Fortunately, the Bobcat's back in action after a stint on life support. It got pretty dicey. We got flowers from Melroe and the Last Rites from Carquest. I've never seen a mechanic give mouth to tailpipe resuscitation before. He kept screaming, "Stay away from the light!"

You, too. And stay out of the ditches.
© Tony Bender, 2023

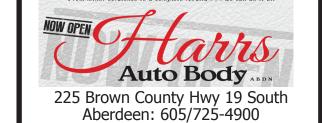
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# Weekly Vikings Recap -Minnesota Vikings' Free Agency Week 2

By Jack & Duane Kolsrud

With the NFL draft less than a month away, let's look at the Minnesota Vikings' current draft picks and what the team might do with them. Currently, the Vikings have five picks in the NFL draft this year: a first-round pick (23rd overall), a third-round pick (87th overall), a fourth-round pick (119th overall), a fifth-round pick (158th overall), and a sixth-round pick (211th overall). If the Vikings were to make only five picks in this year's draft, it would be the fewest picks they have made in a draft since 2009. However, the likelihood of the Vikings making only five picks in the draft is slim to none. Over the past four NFL drafts, the Vikings have made an average of 12 draft picks each year, which is the most in the NFL over that time.

With so little draft capital this year, it seems very likely that the Vikings are going to trade multiple times throughout the draft to acquire more picks. It has become evident in Kwesi Adofo-Mensah's short tenure with the Vikings that he is not afraid to make trades when it comes to draft picks. In Adofo-Mensah's first draft as an NFL general manager last year, every single one of the Vikings' ten draft picks was received via trade.

If the Vikings do decide that they want to acquire more draft picks this year, the main way to do so will be through trading back in the draft. Although trading back is not the most exciting thing from a fan's perspective, the analytics show that it is the smart thing to do. Simply put, if you think of the draft as a dartboard, the more picks you have means the more darts you can throw at the dartboard to try to hit a bullseye and get a star player.

This year might not be the worst year to move back in the draft as this year looks to have a deep class of players. For a team like the Vikings who have so many holes on the defensive side of the ball, it might be wise for the team to trade out of the first round and acquire more middle-round defensive players. Currently structured, one first-round defensive player is not going to be able to change the Vikings' defensive identity.

Furthermore, having the 23rd overall pick in the draft does not exactly guarantee the Vikings that a player with the talent to start right away this season will be available by the time the Vikings are on the clock. If you look at the NFL draft, history shows that there is not a significant difference between a player drafted in the late first round to a player drafted in the second round. For example, in the 2016 NFL draft, the Vikings used their 23rd overall pick to take Laguon Treadwell, who if we all remember had quite a disappointing career with the Vikings. What makes it worse is that eight future pro-bowlers went in the second round that year. Instead of taking Treadwell, the vikings could have traded back into the second round and had their pick of Chris Jones, Xavien Howard, Michael Thomas, and even future hall-of-famer Derrick Henry.

Therefore, although it might disappoint all the Vikings fans who show up at the Vikings' draft party on April 27th to watch the entire first round of the draft without the Vikings making a pick, history shows that trading back into the second round might be the smart thing for the Vikings to do.



2 ♦ Groton Independent ♦ Wed., April 5, 2023



The South Dakota Humanities Council is making available a weekly column -- "We the People" -- that focuses on the U.S. Constitution. It is written by David Adler, who is president of The Alturas Institute, a non-profit organization created to promote the Constitution, gender equality, and civic education.



**By David Adler** 

# U. of Wyoming Transgender Lawsuit: Who is a Woman?

A federal lawsuit reflective of the nationwide culture wars is challenging the right of a University of Wyoming sorority to induct a transgendered woman, raising questions of central importance to the First Amendment Right of Freedom of Association and Title VII of the 1964 Civil Rights Act. The issues in the suit are likely to be replicated across the nation as the judicial system wrestles with legislative efforts to regulate, distinguish and deny opportunities

and rights of the LGBTQ community.

Seven past and present members have filed suit in federal court in Wyoming, asserting that the University of Wyoming chapter of Kappa Kappa Gamma and the national office violated the sorority's mission, purpose and bylaws when it inducted Artemis Langford, who identi-

fies as a woman.

Resolution of the lawsuit should hinge on the question of who, precisely, has the authority to determine whether a transgendered woman has satisfied the criteria for membership in Kappa Kappa Gamma. The local chapter, backed by the parent organization, has concluded that Langford meets the criteria for membership, a decision grounded in its First Amendment right of Freedom of Association.

Freedom of Association is not enumerated in the Constitution, but it was initially recognized by the Supreme Court in 1876, in United States v. Cruikshank as an implied right, derived from the First Amendment's guarantee of the "right of the people peaceably to assemble." The existence of the right of freedom of association is non-controversial, though its scope and contours have inspired debate over the years. In a raft of decisions, the Court has also grounded it in the right to petition government, the right of free speech and privileges and immunities of citizenship. Like all other rights protected by the Constitution—enumerated and implied alike—freedom of association is not absolute but is subject to reasonable limitations requited by substantial public interests.

In a case that lies at the heart of the pervasive cultural wars afflicting our nation, the Supreme Court, in Boy Scouts of America v. Dale (2000), invoked freedom of association to uphold the right of the Boy Scouts to revoke the membership of an assistant scoutmaster after he publicly announced his sexual orientation by leading a gay group at Rutgers University. The Court, in a 5-4 opinion written by Chief Justice William Rehnquist, held that freedom of association gave the Boy Scouts the right to bar "homosexuals" from serving as troop leaders. The Court left to the Boy Scouts the right to determine the criteria that should govern its membership.

The Supreme Court's ruling in Boy Scouts of America should guide the federal court's decision in the Wyoming case involving the right of

Kappa Kappa Gamma to determine its membership. Judicial deference to the conclusion of both the local chapter and the parent organization, grounded on the rational basis test, that Langford meets the criteria for induction in the sorority, avoids the need for the court to determine whether Langford qualifies as a transgendered woman and whether her admission perverts the organizational mission of Kappa Kappa Gamma.

In Boy Scouts of America, the four dissenters failed in their effort to persuade the majority to engage in a searching analysis of whether the membership of a gay scoutmaster truly compromised the mission, spirit and principles of organization. Chief Justice Rehnquist's opinion for the Court deferred to the Boy Scouts' own determination of that question. Otherwise, Rehnquist wrote, the presence of a "homosexual" scoutmaster "would, at the very least, force the organization to send a message, both to the young members and the world, that the Boy Scouts accepts homosexual conduct as a legitimate form of behavior."

By parity of reasoning, the institution of Kappa Kappa Gamma, rather than disappointed individual members, should be able to determine, on principles of freedom of association, whether induction of a transgendered woman is consistent with its organizational principles and message.

Another Supreme Court precedent has a bearing on the sorority case. In Bostock v.

Clayton County, in 2022, Justice Neil Gorsuch held for a 6-3 majority that the Title VII of the 1964 Civil Rights Act prohibits employers from discriminating against any person because of that person's "race, color, religion, sex, or national origin." He wrote: "Discrimination on the basis of homosexuality or transgender status" violates the landmark statute.

The Court's ruling in Bostock repudiates the plaintiff's argument in the Wyoming case. While sororities and fraternities retain on freedom of association grounds the right to remain single-sex organizations, they may not, under the reasoning of Bostock, deny admission to a student for reasons of identity. To do that, as Justice Gorsuch held, would violate Title VII's prohibition against sex discrimination.

The Wyoming sorority case embodies issues that will be raised in lawsuits throughout the nation. The immediate issue before the federal court, the one inflaming the culture wars and one certain to generate controversy grounded in emotions and politics, is clear: Who decides if a transgendered inductee qualifies as a woman?



### Blizzard strikes with a thunder

Strong wind and heavy snow pellets along with an occasional thunder swept through the area Friday afternoon and Friday night. By Saturday morning, the moon was shining and the wind was calm. Five inches of snow/snow pellets fell in Groton during that time. Then a second blizzard hit Monday of this week, dropping another 5-6 inches of snow with 35-40 mph wind. Brown County was shut down to all traffic on Tuesday and the plows were pulled off the highways on Wednesday due to the blowing and drifting snow. There was no school on Monday, Tuesday or Wednesday. (Photo by Paul Kosel)



Effective the week of April 10th, to help preserve our streets, Groton residents are asked to bring their garbage to the following locations until further notice:

- → Railroad Avenue, Main Street, Sixth Street, & Highway 37
- → Residents of the Broadway Mobile Home Park need to take their garbage to Highway 37.
- → Residents north of 13th Avenue (Olson and Jacobson Development) need to bring their garbage to the Bus Barns.

# The Groton Independent

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# **Easter Bags delivered around town**

Some 51 Easter bags were assembled on Monday and delivered around town, thanks the efforts of The Pantry and Common Cents Thrift Store volunteers. Top left are David Miller and Nancy Larsen; top right are Pat Miller and Diane Warrington; bottom left is Kari Bartling and bottom right is April Abeln.



#### **Columbia City Notice of Election**

NOTICE OF MUNICIPAL ELECTION

MUNICIPALITY OF COLUMBIA, SOUTH DAKOTA A Municipal Election will be held on the 11th day of April, 2023, in Columbia, South Dakota. If the polls cannot be opened because bad weather, the election may be postponed one week.

The election polls will be open from seven a.m. to seven p.m. central daylight time on the day of the election.

At the election the following office will be filled:

MAYOR - TWO YEAR TERM

Corey Mitchell Dana Mohr

The polling place of this municipality is as follows: Columbia American Legion – Columbia, SD

Any voter who needs assistance, pursuant to the Americans with Disabilities Act, may contact the municipal finance officer at 605-396-2655 before the election for information on polling place accessibility for people with disabilities. Cara Dennert

Finance Officer

The City of Columbia is an equal opportunity provider.

Published March 29, and APril 5, 2023, at the total approximate cost of \$23.73 and may be viewed free of charge at www.sdpublicnotices.com. 22079

# **Groton Prairie Mixed Bowling League Week** #21 Results

**Team Standings:** Shihtzus – 22, Foxes – 14 1/2, Jackelopes − 12 1/2, Chipmunks − 12 1/2, Cheetahs – 12, Coyotes – 10 1/2

Men's High Games: Lance Frohling – 257, Tony Madsen – 222, Roger Spanier – 218

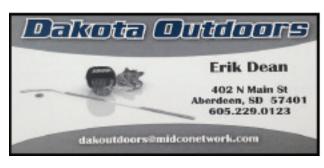
Women's High Games: Vicki Walter – 180, Sue Stanley – 166, Lori Giedt – 159

Men's High Series: Brad Waage - 556, Roger Spanier - 540, Tony Madsen & Lance Frohlina - 538

Women's High Series: Vicki Walter – 475, Darci Spanier – 440, Sue Stanley – 438

Shihtzus won the final third! A bowl off will be scheduled between the Chipmunks, Jackelopes, and Shihtzus to see who is the league champion.









# Tina's **Easter Baskets** Call/Text Tina at 605-397-7285 for details!



Groton, SD 57445-0034

or scan and email to paperpaul@grotonsd.net

4 ♦ Groton Independent ♦ Wed., April 5, 2023

#### **Brown County** March 28, 2023 **Meeting Minutes**

MARCH 28, 2023 - GENERAL MEETING

Meeting called to order by Chairman Sutton at 8:45 A.M. in the Commission Chambers, Courthouse Annex, Brown County, SD. Present were Commissioners Dennert, Fjeldheim, Wiese, Gage, and Sutton. Commissioner Gage led the Pledge

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

OPPORTUNITY FOR PUBLIC

COMMENT: None RETAIL (ON-OFF SALE) MALT BEVERAGE & SD FARM WINE LI-CENSE: Moved by Commissioner Wiese, seconded by Gage to approve and authorize Chairman Sutton to sign the application for Retail (On-Off Sale) Malt Beverage & SD Farm Wine License for Tonya & Shane Reich DBA: Richmond Pavilion, LLC at 12805 Shore Dr., Aberdeen, SD Richmond Resort Outlot 2, NE 1/4 of Section 25-T124N-R65W of the 5th P.M., Brown County, SD.

All members present voting aye.

Motion carried. ORDINANCE #241 - SECOND READING & ADOPTION: Moved by Commissioner Fjeldheim, seconded by Dennert to adopt Ordinance #241. Applicants Adam & Ashley Borg requesting to rezone from Agriculture Preservation District (AG-P) to Mini-Agriculture District (M-AG) to bring parcels into compliance: 'Quiggle's Outlot 1" in the NW Section 12-T123N-R61W of the 5th P.M., Brown County, South Dakota (13149 406th Ave., Groton Twp.). All members present voting aye. Motion carried.

ORDINANCE #242 - SECOND READING & ADOPTION: Moved by Commissioner Wiese seconded by Gage to adopt Ordinance #242. Application filed by Colleen Callum for owners Delbert and Caroline Lowe requesting to rezone from Agriculture Preservation District (AG-P) to Mini-Agriculture District (M-AG) to bring these parcels into compliance for its future use: Proposed Lot "Delbert and Caroline Lowe First Addition" in the SE 1/4 of Section 15-T123N-R64W of the 5th P.M., Brown County, South Dakota (38556 133rd St.). All members present voting aye.

Motion carried. ORDINANCE #243 - FIRST READING: Ross Aldentaler, Deputy State's Attorney shared this is the revised Pipeline Ordinance. The waiver needs to be cleaned up yet, removed the depth of the pipe and put the setback at 1500 feet. Dave Meyer with Summit Carbon Solutions asked why the 1500 feet, where did they find this information, if this includes other pipelines and wondering about the voluntary easements that have already been signed. Scott Bader, Planning & Zoning Director stated his office, and the Board did a lot of research and felt that is best suited for this area. He also questioned the wording of the Pipeline Facility, Ross shared they used the Pipeline Safety Act and the Pipeline Facility as a catch-all. This includes all pipelines that are hazardous gas or liquid except natural gas due to Government regulations. Those that have signed voluntary easements would have to sign the waiver. Craig Schaunaman asked why the 6-foot depth was removed and was informed that the State DOT regulates that portion so Brown County can't control the depth. Janet Hedges shared that this pipeline is going to kill the value of homes, businesses, and any future growth in the west part of town but did Thank the Commissioners for the moratorium. Moved by Commissioner Fjeldheim, seconded by Gage to approve the First Reading of Proposed Ordinance #243 consider amending portions of Title 4 Zoning, Chapters 4.01 Definitions, 4.06 Agriculture Preservation District (AG-P), Chapter 4.07 Mini-Ag District (M-AG), 4.15 Light Industrial District (L-I), and Chapter 4.16 Heavy Industrial District (H-I). The proposed ordinance will be made available for public inspection at the Brown County Auditor's Office or Brown County Planning and Zoning Office during regular business hours. All members present voting aye. Motion carried.

AUTHORIZING SOLID WASTE MANAGEMENT PROGRAM SIGNATORY FOR BROWN COUNTY: Commissioner Dennert offered

the following Resolution. Resolution #09-23

proposing to purchase a loader truck to assist in landfill activities at the Brown County Landfill;

WHEREAS, Brown County is applying for a Solid Waste Management Program Grant (SWMP) in an amount up to, but not

exceeding \$231,081; and WHEREAS, Brown County needs to authorize a SWMP

signatory.

NOW THEREFORE, BE IT RESOLVED that Brown County make application to the South Dakota Department of Agriculture and Natural Resources for a SWMP grant in an amount up to, but not exceeding \$231,081; and

BE IT FURTHER RESOLVED that the Chair of Brown County be the authorized signatory for all grant and loan related documents, including the application and pay requests

Dated this 28th day of March 2023.

Seconded by Commissioner Wiese. Roll call vote: Commissioners Dennert – aye; Fjeld-heim – aye; Gage – aye; Sutton aye; Wiese – aye. Resolution

adopted.
MINUTES: Moved by Commissioner Wiese, seconded by Gage to approve the General Meeting minutes of March 21, 2023. All members present voting aye. Motion carried.

CLAIMS/PAYROLL: Moved by Commissioner Wiese, seconded by Dennert to approve the following claims: Professional Fees: Blackburn & Stevens, Prof. LLC \$160.50; CGI, LLC \$1,497.50; Cogley Law Office, Prof LLC \$85.94; Computer Forensic Resources \$4,329.40; Lumen \$185.70; Schriver's Memorial Mortuary, Inc \$1,800.00; Yankton County Sheriff's Office \$50.00. Publishing: Groton Daily Independent \$86.65. Repairs & Maintenance: Aberdeen Chrysler Center \$263.90; Century Business Products \$36.99 CommTech Inc \$299.00; Do-All Insulation \$3,643.00; HF Jacobs & Son Const. Inc \$185.00; Hoven Auto Repair, Inc \$576.14 Hub City Roofing Inc \$140.00; Jasper Weller LLC \$123.33 Joel Durheim \$240.00; K & S Plumbing, Inc \$1,264.82; Meister Mowing LLC \$3,082.50; OI son's Pest Technicians \$214.00; Sewer Duck, Inc \$850.00; Woodman Refrigeration, Inc \$266.94. Supplies: Century Business Products \$260.65; Cole Paper Inc \$3,231.15; Cricket Media \$39.95; Dakota Supply Group \$45.86; Farm Power Mfg. \$56.58; Jasper Weller LLC \$2,652.23; JGE, Inc \$10.05; Kessler's \$192.48; Marco Technologies, LLC \$45.30; Matthew Bender & Co., Inc \$86.08; Menards \$102.24; Midstates Group \$537.75; Pitney Bowes Global Fi nancial Services LLC \$1,046.10; Plumbing & Heating Whole sale, Inc \$1,266.52; of Transportation \$13,287.00; Thomson Reuters-West Payment Center \$1,839.44. Travel & Conference: SDACC \$50.00. Utilities: Montana-Dakota Utilities Co \$58.16; Northwestern Energy \$14,708.22. Others: WEX Health Inc \$4,000.00. Payroll: Commission \$4,615.41; Auditor \$11,162.89; Treasurer \$16,590.19; SA \$30,699.48; Maintenance \$8,738.59; Assessor \$16,796.81; ROD \$9,932.80; VSO \$4,254.09; GIS \$2,643.52; IT \$6,035.79; HR \$5,001.68; Sheriff \$42,411.99; Jail \$61,807.36; Court Security \$7,414.46; JDC/HD \$34,910.75; Welfare \$2,336.49; Museum \$11,840.05; Parks/Fairgrounds \$5,034.26; Fair \$4,107.21; 4-H \$786.79; Weed \$1,058.37; P&Z \$7,232.60; Highway \$63,191.32; Dispatch \$31,513.48; EM \$4,933.61; 24/7 \$1,227.48; Landfill \$13,897.42; FICA \$24,340.54; Medicare \$5,692.52; Discovery HSA \$1,421.17; Health Insurance\_Wellmark BCBS \$119,441.42; Dental Insurance\_Delta \$7,855.68; Life Insurance\_Dearborn \$1,044.14; Retirement\_SDRS \$53,042.26.

Motion carried. HR REPORT: Moved by Commissioner Fjeldheim, seconded by Wiese to approve the following Human Resource Report submitted by Human Resources Director, Erica Coughlin: Acknowledge employment ending for Angel Sanchez, Brown County Jail Detention Officer, FT; effec-tive March 23, 2023. Request to fill. Adjust the wage for hiring of Logan Flack as Brown County 911 Communications Officer, FT; starting wage \$22.26/hour; effective March 13, 2023. Approve hiring one Fair and Parks full-time, seasonal employee in exchange for two interns. All members present voting aye.

All members present voting aye.

Motion carried. SPECIAL MALT BEVERAGE

WHEREAS Brown County is LICENSE HEARING: Moved by Commissioner Fjeldheim, seconded by Gage to authorize advertising a public hearing to be held in the Commissioners Chambers, Courthouse Annex, Brown County, SD on April 18, 2023 to consider the following application for Special Malt Beverage License, submitted by Brown County Fair Foundation, Aberdeen, SD – Holum Expo Building, SW ¼ of Sec 1-T123N-R64 Brown County, SD. Special License effective May 6, 2023. All members present voting aye. Motion carried.

LIQUOR LICENSE HEARING: Moved by Commissioner Dennert, seconded by Wiese to authoze advertising a public hearing to be held in the Commissioners Chambers, Courthouse Annex Brown County, SD on April 18, 2023, to consider the following application for Retail (on-off sale) Malt Beverage & SD Farm Wine License, submitted by Parkview Nursery at 304 E. Melgaard, Aberdeen, SD – Lot 1, Parkview Nursery Addition to Aberdeen in the NE 1/4 of Section 25-T123-R64W of the 5th P.M., Brown County, SD. All members present voting aye. Motion carried.

LIQUOR LICENSE HEARING: Moved by Commissioner Dennert, seconded by Wiese to authorize advertising a public hearing to be held in the Commissioners Chambers, Courthouse Annex, Brown County, SD on April 18, 2023, to consider the following application for Retail (on-off sale) Wine and Cider License. submitted by Parkview Nursery at 304 E. Melgaard, Aberdeen, SD - Lot 1, Parkview Nursery Addition to Aberdeen in the NÉ 1/4 of Section 25-T123-R64W of the 5th P.M., Brown County, SD. All members present voting aye. Motion carried.

CLAIM ASSIGNMENT: Moved by Commissioner Fjeldheim, seconded by Wiese to authorize and approve the Auditor sign the Claim Assignment against an individual to Credit Collections Bureau for the purpose of collecting liens. All members present voting aye. Motion carried.

AUDITOR'S REPORT OF ACCOUNTS: Moved by Commissioner Gage, seconded by Dennert to approve the Auditor's Report of Accounts of February 2023 as follows: Total Cash and Checks on Hand 7,700.00; Total Checking Account Balances 19,762,400.43; Total Savings Account Balances 3,525,447.42; Total Certificates of Deposit ,479,550.72; Grand Total Cash & Balances 28,775,098.57. General Fund Cash and Investment Balances by Funds: General Fund 7,679,722.12; Road & Bridge Fund 3,076,323.63; Road & Bridge Fund – restricted 423,243.27; 911 Service 842,063.67; Emergency & Disaster 205,612.86; Domestic Abuse 73.26; Teen Court 250.28; Grant 32.11; JDAI 31,738.94; Richmond Youth Camp 0.00; 24/7 Sobriety 24,788.13; ROD M & 108,550.92; American Rescue Plan Federal Grant 7,551,800.75; Rural Access Infrastructuré 295,534.81; TIF Debt Service 50,713.05; Landfill + cash change 3,904,757.72; Landfill restricted 1,400,479.44; Trust and Agency Funds 3,179,113.61; Grand Total General Fund Cash & Investments 28,775,098.57. All members present voting aye. Motion carried.

LANDFILL FEES & UPDATE: Mike Scott, Landfill Manager shared that they generate about \$650,000 per year from the SW Fees that help maintain the 18 container sites in Brown County plus covers contract to hauf take care of trash at landfill and part-time help to clean up the sites. Fees are sufficient for this year but will readdress this fall for next year. Mike also shared that the Dumpster site at the Fire Station has got the lighting in place and fence. Planning on planting some trees, also. Only trash at the Fire Station site, no yard waste - that goes to the Fairgrounds site or Landfill.

Commissioner Wiese asked for an update on the Scale and was informed that the new scale will hopefully be installed this Scales are certified summer. annually.

SOLID WASTE FEES: Commissioner Gage offered the following Resolution:

Resolution #10-23 WHEREAS, Title 3, Solid Waste Management System, Chapter 3.07011 of the Second Revision Brown County Ordinances, effective March 12, 1997, as amended, requires the Board of County Commissioners to establish the Solid Waste Special Assessment fee schedule for the

following year.
NOW, THEREFORE BE IT RESOLVED, that the following Solid Waste Special Assessment fees shall be effective January 1, 2023 through December 31 2023, for the Brown County

Sanitary Landfill: SOLID WASTE SPECIAL AS-SESSMENT FEE SCHEDULE

(Assessment plus applicable sales tax billed with the Real Estate Tax Notice)

1. Households within Incorporated Cities or Civil Townships that require curb service @ \$33.00 per year.

2. Households within Incorporated Cities or Civil Townships that do not require curb service

\$83.00 per year.3. Condominiums taxed as single units within Incorporated Cities or Civil Townships that require curb service @ \$33.00 per year. 4. Condominiums taxed as

single units within Incorporated Cities or Civil Townships that do not require curb service @ \$83.00 per year.

5. Apartment Units and Assisted Living Units within in-corporated Cities that require curb service @ \$15.00 per unit

6. Seasonal Lake Cabins @

\$50.00 per year.
7. Mobile Home parks, outside incorporated municipalities, which provide or require lot side waste pickup during the entire assessment period, for deposit into a permitted landfill solid waste facility @ \$33.00 per unit per vear.

8. Mobile Home parks, outside incorporated municipalities, which do not provide or require lot side waste pickup during the entire assessment period, for deposit into a permitted landfill solid waste facility @ \$83.00 per

Dated this 28th day of March 2023

Seconded by Commissioner Wiese. Roll call vote: Commissioners Dennert - aye; Fjeldheim – aye; Gage – aye; Sutton aye; Wiese – aye. Resolution adopted.

GRAVEL BID: Moved by Commissioner Fjeldheim, seconded by Wiese to approve the Highway Department to purchase Gravel from Hanlon's off their 2022 Bid. All members present voting ave. Motion carried.

OTHÉR BUSINESS: Commissioner Gage wanted to say Thank-you to the Brown County Fair Foundation and Fair Office for all their time to put on the Hall of Fame Banquet to induct the 1986 Fair Board members.

EXECUTIVE SESSION: Moved by Commissioner Wiese, seconded by Dennert to go into executive session to discuss Contracts and Legal per SDCL All members present voting aye. Motion carried. The chair declared the executive ses-

sion closed with no action taken.
ADJOURNMENT: Moved by Commissioner Wiese, seconded by Fjeldheim to adjourn the Brown County Commission meeting at 10:54a.m. All members present voting aye. Motion carried.

Lynn Heupel, Brown County Auditor

Published April 5, 2023, at the total approximate cost of \$142.11 and may be viewed free of charge at www.sdpublicno-tices.com. 22103

## Classifieds and Card of Thanks

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

1 Week: \$9 for first 30 words, 20¢/word thereafter 2 Wks: \$17 for first 30 words, 38¢/word thereafter 3 Wks: \$24 for first 30 words, 54¢/word thereafter

> 4th consecutive week is free 605/397-NEWS (6397)

#### **EMPLOYMENT**

EXPERIENCED CATTLE BARN MANAGER POSITION IN BEAUTIFUL SOUTHWEST MON-TANA: Competitive pay and benefits. Must be knowledgeable of cattle breeds, market values, business minded and able to build relationships. Contact 406-586-0231, info@ careersinmontana.com

#### LAND

FARMLAND rents are strong. Do you need representation or a Farmland Manager? Contact Tim Peters at 605.270.9410 or tpeters@ pifers.com. Pifer's Land Management, www. pifers.com

#### LIVESTOCK

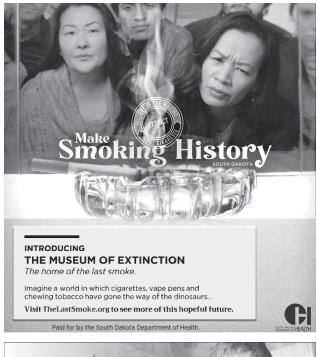
SELLING 80 PAIRS - 40 F1 & 40 Black. Black Angus Calves at side. Tuesday, April 11, 2023 at Philip (SD) Livestock. Herber Ranch 605-488-0079 or 605-488-0360

#### **MISCELLANEOUS**

ENEMY SWIM DAY SCHOOL is seeking annual single audit services. Opening date April 1; Closing date: May 30, 2023 at 4 p.m.; Contact: Debra Rumpza, Business Manager (605) 947-7002 to request the digital RFP document; Enemy Swim Day School, 13525 446th Avenue, Waubay, SD 57273

#### **NOTICES**

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







Groton Independent ♦ Wed., April 5, 2023 ♦ 5

#### The Life of LaVonne Helmer

Memorial services for LaVonne Helmer, 95, of Groton will be 11:30 a.m., Tuesday, April 11th at St. John's Lutheran Church, Groton. Rev. Jeremy Yeadon will officiate. Inurnment will take place in Hillside Cemetery, Langford at a later date under the direction of Paetznick-Garness Funeral Chapel, Groton.

Visitation will be held at the chapel on Monday, April 10 from 5-7 p.m. with a prayer service at 7:00 p.m.

LaVonne passed away March 30, 2023 at Avantara Groton.

Julia LaVonne Jones Helmer was born on March 24, 1928, to Newton and Iva (Colcord) Jones at Langford, SD. LaVonne grew up on the family farm north of Langford. She attended country school and Langford High School graduating in 1946 as salutatorian. After graduation, she attended Northern State University as a business major, but later switched to edu-

cation. While in college she worked at Jackson Hardware in Aberdeen. In 1948 she moved to Arizona for health reasons but returned to South Dakota a year later. She taught in Wetonka one year, Draper two years and Langford one year. On September 20, 1953, LaVonne was united in marriage to Richard Helmer at the Presbyterian Church in Langford. They lived in Andover briefly and then purchased a farm near Andover. LaVonne became an active member of Zion Lutheran Church and established many lifelong friendships during this time. To this union, four children were born, Deborah, Richard, Pamela, and Cheryl. LaVonne returned to teaching elementary school in Groton in 1963. She earned her two-year elementary education degree in 1963 and her bachelor's degree in 1967. She returned to Northern to earn her first master's degree in 1976 in Elementary Education and earned a second master's degree in School Counseling in 1983. LaVonne taught briefly at NSU as an adjunct instructor in the School of Education and worked one year as a school counselor in Bristol. After retiring from teaching, LaVonne worked as a newspaper writer and authored two books. She loved her time writing for the Groton Independent because it allowed her the opportunity to visit with others and hear their stories. She participated on the Day County Historical Preservation Committee and facilitated the publication of the Day County History book. She enjoyed traveling across the United States and to Europe. She especially enjoyed meeting relatives when she visited Wales because she was very proud of her Welsh heritage. LaVonne enjoyed reading, playing Bridge, bowling, dancing, and visiting with everyone she encountered, but her favorite thing was spending time with family. She felt blessed to have such wonderful children, grandchildren, and great grandchildren. LaVonne followed her grandchildren and great-grandchildren in their sports and school activities. She traveled with Pam to all her grandchildren's high school graduations and most of their college graduations. LaVonne relished her time as a teacher and counselor and loved hearing from former students. LaVonne was a strong advocate for education and supported each of her children as they completed their college degrees. She was instrumental in helping her son-in-law, Bruce, launch his farming career as well.

LaVonne was currently a member of St. John's Lutheran Church in Groton. Throughout her life, LaVonne was active in numerous organizations and kept detailed notes of her participation. She was a member of Kappa Delta Pi, Phi Kappa Delta, South Dakota Education Association, Aberdeen Area Retired Teachers, Eventide Study Club (President and Vice President), Parent Teacher Association (State President), American Association of University Women, Lutheran Women's Missionary League (delegate to national convention), American Legion Auxiliary (Local and District President), General Federation of Women's Clubs (District President), Metropolitan Club of Greater Aberdeen, PEO, Groton Kiwanis Club, and the Day County Republican Committee. (Delegate to state convention).

LaVonne is survived by her children Deborah (Robert) Utecht, Naperville, IL, Richard (Dee) Helmer, Geneva, IL, Pamela (Bruce) Merkel, Andover, SD and Cheryl Wold, Aberdeen, SD, grandchildren Eric Utecht, Brad (Claire) Utecht, Nicholas (Maggie) Helmer, Lanny (Becki) Merkel, Brett (Micaela) Merkel, Julia Wold and Jordan Wold, and great grandchildren Henry Utecht, Penelope Helmer, Sebastian Helmer, Justin Merkel and fiancé Lorelei Bohlin, Lillian Merkel, Mac Merkel and Olivia Merkel, and one sister, Jean (Bruce) Likness, Langford, and many beloved nieces, nephews, and cousins.

She was proceeded in death by her parents, two brothers, Ramon Jones and Keith Jones, sister-in-law, Rebecca (Keith) Jones, and son-in-law, Daniel Wold.

#### **Stratford Town Mowing/Weed Trimming Bid**

Town of Stratford

Accepting Mowing/Weed Trimming Bids

Written/electronic bids to be received no later than: 5:00 PM, April 12, 2023 Submit directly to the Finance Officer or mail to: Town of Stratford Attn: Mowing Bids 293 Rondell Ave Stratford,

SD 57474 1. Ball Park and picnic area

2. City Park

Lot's West of the old fire hall

Bids will be opened at the meeting on April 12, 2023 at 7:00 PM

Suzanne Moen, Finance Officer stratford1906@gmail.com Published March 29 and April 5, 2023, at the total approximate cost of \$14.90 and may be viewed free of charge at www.sdpublicnotices.com. 22086

#### Stratford Town **Roofing Bid Notice**

Request for Bids - Roof The Town of Stratford is seeking bids for removal of 3 layers

(down to deck), any deck repair and installation of new roofing. Dimensions are approximately 23' x 66'. Contact Board Trustee Dave Bourassa (336) 689-8189 or Finance Officer Suzanne Moen (605) 228-2039 with questions.

Submit directly or mail to: Town of Stratford Attn: Roof Bids 293 E Rondell Ave Stratford, SD 57474

Bids will be reviewed at the next regular meeting on April 12, Suzanne Moen, Finance Officer

stratford1906@gmail.com

This institution is an equal opportunity provider.

Published March 29 and April 5, 2023, at the total approximate cost of \$17.10 and may be viewed free of charge at www.sdpublicnotices.com, 22087

#### Animals at Risk How can people help animals at risk? They can help by refusing to buy products made from these animals and passing aws against hunting whe numbers of animals are low. We can create parks. eserves and zoos for breeding, and support National Wildlife Refuges **Extinct Animals** When animals are "extinct" it means there e no more of them. The dinosaurs are probably are no more of them. The uncoaus at the best known of the extinct animals. risk 0 1 What Could It Be? endangered The dodo bird, an extinct bird,



## **Brown County Borg**

Rezoning Notice

NOTICE OF ADOPTION ORDINANCE #241

AN ORDINANCE AMENDING TITLE 4, SECOND REVISION BROWN COUNTY ORDINANCES AS AMENDED

TO REZONE CERTAIN DESCRIBED PROPERTY Notice is hereby given that Ordinance #241, An Ordinance Amending Title 4, Second Revision Brown County Ordinances, as

amended, to rezone the following described property filed by Adam & Ashley Borg was duly adopted by the Board of Brown County Commissioners on the 28th of March, 2023 and will become effective on BE IT ORDAINED by the Brown County Commission, Brown

County, South Dakota that Title 4, Second Revision adopted by Ordinance #241 as amended, of the Zoning Ordinance of Brown County be amended to classify the following property from Agriculture Preservation District (AG-P) to Mini-Agriculture District (M-AG) to bring these parcels into compliance:

Quiggle's Outlot 1" in the NW 1/4 of Section 12-T123N-R61W of the 5th P.M., Brown County, South Dakota (13149 406th Avenue, Groton Twp.

BE IT FURTHER ORDAINED by the Brown County Commission, Brown County, South Dakota that the zoning official for the County of Brown is hereby authorized to change the official zoning map for Brown County to reflect this Ordinance.

Passed and adopted this 28th day of March 2023. Duane Sutton, Brown County Commissioner Chairman

ATTEST: Lynn Heupel, Brown County Auditor

This ordinance shall become effective 20 days after publication of this notice in the official newspaper, thereby repealing all ordinances or parts thereof in conflict herewith unless a referendum in timely

involved prior thereto.

Notice of Hearing: March 15, 2023
First Reading: March 21, 2023
Second Reading/Adoption: March 28, 2023

Published: April 5, 2023

Effective Date: April 25, 2023

Published April 5, 2023, at the total approximate cost of \$22.69 and may be viewed free of charge at www.sdpublicnotices.com. 22105.

#### **Brown County** Callum

Rezoning Notice
NOTICE OF ADOPTION ORDINANCE #242

AN ORDINANCE AMENDING TITLE 4, SECOND REVISION BROWN COUNTY ORDINANCES AS AMENDED

TO REZONE CERTAIN DESCRIBED PROPERTY Notice is hereby given that Ordinance #242, An Ordinance Amending Title 4, Second Revision Brown County Ordinances, as amended, to rezone the following described property filed by Colleen Callum for owners Delbert & Caroline Lowe was duly adopted by the Board of Brown County Commissioners on the 28th of March 2023

and will become effective on the 25th of April 2023. BE IT ORDAINED by the Brown County Commission, Brown County, South Dakota that Title 4, Second Revision adopted by Ordinance #242 as amended, of the Zoning Ordinance of Brown County be amended to classify the following property from Agriculture Preservation District (AG-P) to Mini-Agriculture District (M-AG) to bring these parcels into compliance:

Proposed Lot 1, "Delbert and Caroline Lowe First Addition" in the SE 1/4 of Section 15-T123N-R64W of the 5th P.M., Brown County, South Dakota (2568 Brown Co 12W, Aberdeen Twp.).

BE IT FURTHER ORDAINED by the Brown County Commission, Brown County, South Dakota that the zoning official for the County of Brown is hereby authorized to change the official zoning map for Brown County to reflect this Ordinance

Passed and adopted this 28th day of March 2023. Duane Sutton, Brown County Commissioner Chairman

ATTEST: Lynn Heupel, Brown County Auditor

This ordinance shall become effective 20 days after publication of this notice in the official newspaper, thereby repealing all ordinances or parts thereof in conflict herewith unless a referendum in timely involved prior thereto.

Notice of Hearing: March 15, 2023 First Reading: March 21, 2023 Second Reading/Adoption: March 28, 2023

Published: April 5, 2023 Effective Date: April 25, 2023

Published April 5, 2023, at the total approximate cost of \$23.30 and may be viewed free of charge at www.sdpublicnotices.com.

#### Frederick School **Notice of Election**

NOTICE OF SCHOOL BOARD ELECTION

FREDERICK AREA SCHOOL DISTRICT NO. 6-2

A School District Election will be held on Tuesday, April 11, 2023, in all the voting precincts in School District No. 6-2, Frederick, South Dakota. If the polls cannot be opened because of bad weather, the election may be postponed one week.

The election polls will be open from seven a.m. to seven p.m. central time on the day of the election.

School Board Member - Three Year Term

School Board Member - Three Year Term

Candidates:

Jonathan Ellwein Eric Sumption

Derik Bretsch

The polling place in each precinct of this district is as follows:

Frederick Community Center – Precinct 22

Westport Town Hall - Precinct 14

Any voter who needs assistance, pursuant to the Americans with Disabilities Act, may contact the school business manager at (605) 329-2355 before the election for information on polling place accessibility for people with disabilities.

Shauna Severson Business Manager

Published March 29 and April 5, 2023, at the total approximate cost of \$26.49 and may be viewed free of charge at www.sdpublicnotices.com. 22089

#### OFFICIAL SCHOOL BOARD ELECTION BALLOT FREDERICK AREA SCHOOL DISTRICT 6-2, SOUTH DAKOTA APRIL 11, 2023

To vote use a cross (X) or a check mark () in the square in front of the name. DO NOT cast more votes than are allowed in each race.

For School Board Member 3-year term, you may vote for up to 2 or leave it blank

Jonathan Ellwein Eric Sumption Derik Bretsch





Do you know what the word 'extinct' means? When we say an animal is extinct, we mean that there are none left!

Animals and plants have disappeared through natural causes such as storms, volcanic eruptions or diseases. Some animals have been wiped out because people were hungry and killed them for food before they had a chance to replace their populations.

Animals may be threatened by loss of their homes or by sprays used to kill pesky insects. Some are hunted for their furs or horns.

When numbers of these animals drop so low that they may become extinct, we call them 'endangered' and may work to protect them.

#### Fill in the puzzle with some animals that are at risk:

- 1. Arctic; melting ice threatens their habitat
- 2. hunted for furs and food; found only in Vietnam; looks like an antelope, in same family as the cow
- 3. Florida; swampy homes drained; hunted for skins, food
- 4. few small groups left in mountainous bamboo forests of China
- 5. large gentle animals in African jungles; not enough room for gathering food, raising families; killed for body parts
- 6. followed by fishermen seeking tuna; drown in nets; now companies support ways to fish that do not kill needlessly
- 7. Africa, Asia; poachers kill them for their horns
- 8. beautiful cat of India, Russia; killed for skin or fur
- 9. ocean animal; largest animal in world; hunted
- 10. giant lizard; very few left

#### Some kinds of mice Animals at Risk are at risk too! Wow! , Kowoqo quagou Thanks to a global effort to save giant pandas, In the sentence they have been belownith moved one step up to these vonels? polar bear a "threatened saola blue whale gorilla tiger giant panda black rhinoceros Some dolphin are crocodile The **quagga** was an animal that lived in the grasslands of South Africa. With stripes Plastic Pollution <a>P</a> on its front half and plain brown on its back Plastic pollution is a half it looked like it was half zebra and half, growing problem that horse. It is now extinct threatens our oceans. Plastic items can be harmful to ocean wildlife and may

# **Extinct Animals**

When animals are "extinct" it means that there are no more of them. The dinosaurs are probably the best known of the extinct animals. Can you find and circle the names of some extinct animals listed below?

dodo bird triceratops red gazelle woolly rhinoceros woolly mammoth desert bandicoot sabertooth tiger tarpan wild horse golden toad

T F G P H X Z E F D E B Q H E O I U R Z P A I V N R F U M S D Z U L M U W O O L L Y M A M M O T H M I E E A Z O S A B E R T O O T H T I G E R V T L L C M C B C D B H X R R E D G A Z E L L E Y O G Y B E Q D F U O S S W O G O L D E N T O A D X W O M T R P T Q J B J Z N B K P J R I C X S O U W P Q B F A O D N L I C T C R T A R P A N W I L D H O R S E T D E S E R T B A N D I C O O T N M B F N U T R F O R E I X D B I N E A D V Q Z Q N C C K N C Y G L P S S Z S V H X I U U V V M M N P D J B R H F T R S Z H V R B W O O L L Y R H I N O C E R O S O E V

51 50 49 48 47 N M L B T 45 46 41 42 43 F E F T The flightle extince

7 (e e t c h a h)

8 16

17 8 18 15 9 10

31 28 26 25 19 13 12

32 33 22 23
31 30 21 20

threaten the whole ecosyste

The dodo bird was a flightless bird and is extinct. People only know about it from a few sketches, writings, and some bones.

Africa is my home.

I run faster than any animal in the world.

People hunt us for our beautiful fur. Our numbers have dropped.

Who Am I?

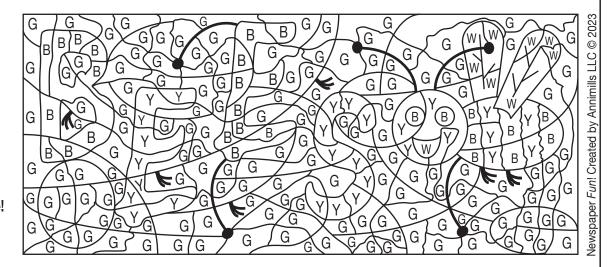
# What Could It Be?

For years concern has cropped up for this winged animal. Reporters have been talking about "colony collapse disorder." Swarms of these little, flying creatures had been disappearing and now their numbers seem to be leveling off, but still no one knows why.

We need this animal to pollinate fruits, vegetables and flowers. They provide honey too. Our food supply might be in trouble if too many of these disappear!

Use this color key to fill in the puzzle to see what it could be!

B = black Y = yellow W = white G = green



# EARTHTAL

Dear EarthTalk: What exactly is permaculture and how is it good for the environment? -- Mary B., New Haven, CT

A buzzword in sustainability circles, permaculture—historically combining "permanent" and "agriculture"—describes ecologicallyconscious farming to create sustainable ecosystems for future generations, using methods such as conservation tillage, proper drainage, and polyculture (growing more than one crop species in the same space, at the same time). The Australian organization Permaculture Visions notes that "natural energies... [and nature's eight] reliable patterns that collect, store and move resources around" make it possible for humanity to use less energy to create comfortable living."

More recently, the word combines "permanent" and "culture" to describe sustainable land use in general, especially in ways that prioritize the knowledge of indigenous peoples. The podcast Green Dreamer has highlighted numerous indigenous voices offering ways to reframe the discussion of nature, permaculture and humanity's potential responses to the climate crisis. The publication Tenth Acre Farm describes its aim as "working with nature to be low maintenance and highly productive."

Simply put, permaculture is a method of cultivation that uses multiple tools to minimize human impact on the environment by

mimicking the zero-waste feedback loops of naturally-existing systems. Much of permaculture is guided by three ethics and several major principles that help us to be good ecostewards and support ourselves with native species, while disturbing the least amount of land. It introduces the idea of human responsibility in maintaining ecosystems, encourages greater consideration of the impact of human activities on the environment, and reduces waste associated with production intended only for sale.

The Habiba Organic Farm in Egypt puts these principles into practice, converting a former desert settlement, where crops are difficult to grow, to arable land on which many desert-viable plants have been cultivated. Similarly, in India, coconut trees, neem trees and legumes were planted to diversify areas that had been subject to slash-and-burn agriculture for 20 years. Among most current permaculture programs, resilience (especially to growing threats of climate change), cooperation and educational/volunteering opportunities are key elements that define the project and connect it to the permaculture ethos.

Designing irrigation that allows water to seep slowly into soil across a large area prevents soil erosion and nutrient leaching. Similarly, composting and reusing "waste" products reduces pollution and improves soil quality. Readers interested in beginning their own permaculture projects (even home gardens) can start by observing their own land to determine land patterns, plant native species, collect rainwater and runoff, and carefully compost



Community planners have turned a desolate patch of desert onto a thriving organic farm at Habiba in Egypt by applying the principles of permaculture. Credit: Habiba Community.

their home "waste" (vegetable peels, coffee grounds, eggshells, etc.). "Permaculture site design follows a multi-step process, which starts with observing the landscape through a specific set of both passive and active observations... [and using maps to] think through many possible scenarios and outcomes before [committing] to certain strategies or concepts", as Tenth Acre Farm puts it.

In a more general sense, permaculture can be incorporated into people's daily lives in simple ways that identify activities which drain lots of energy and redirecting that energy into productive activities,

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk. See more at https://emagazine. com. To donate, visit https//earthtalk.org. Send questions to: question@earthtalk.org.



## **"Hindered** by pain in your heel?"

If you have pain on the bottom of your foot at the heel, especially when you take your first steps of the





day, you likely have plantar fasciitis. One of the most common causes of foot pain, plantar fasciitis pain can subside with time, but sometimes the pain keeps people from doing what they love, whether that be running, walking, or other pleasures of life. I once saw a young

woman suffering from plantar fasciitis who got some relief from an injection. A few years later she returned wanting another injection so she could dance pain-free at her own wedding.

The bottom of the foot has thick, white fibers called the plantar fascia. On one end it connects to the heel bone, and on the other the fibers connect to each of the toes. This helps support the foot, tightening as we walk and keeping the arch of the foot elevated like the bowstring maintaining the curve of the bow.

Pain can arise from stress on the plantar fascia where it connects to the heel bone, the tuberosity of the calcaneus. This spot, right by the heel on the underside of the foot, can be quite tender to touch when plantar fasciitis is active. It often is most painful when first walking in the morning or after periods of rest. The pain can linger for months or years.

Sometimes referred to as heel spurs, on x-ray this spot may show calcifications in the fascia that have formed from years of stress or inflammation. The presence of these heel spurs does not necessarily mean someone will have pain. Some have pain from plantar fasciitis without heel spurs, and some with heel spurs do not have pain.

Causes of plantar fasciitis include poor fitting shoes, starting a new exercise routine such as running, obesity, prolonged running or standing, flat feet, and more. The exact cause remains unclear.

Initial treatments include avoiding activities that make it worse, stretching exercises that may include pointing the toes upward and stretching the calf muscles, avoiding the use of flat shoes, avoiding walking barefoot, heel shoe inserts, a short term trial of NSAIDs like ibuprofen, or possibly a steroid injection. Later, if needed, molded inserts, night splints, immobilization in a boot or cast, or even surgery may be considered. Thankfully, even without treatment, plantar fasciitis may often go away on its own within a year.

Plantar fasciitis may only be a spot on the bottom of the foot, but I do not envy those who are reminded of it with every step.

Andrew Ellsworth, M.D. 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.