

# The Groton Independent

Vol. 141 No. 06 ♦ Groton, SD ♦ Wednesday, Nov. 1, 2023 ♦ Established in 1889



Earlier this season, Groton Area Junior, Elizabeth Flihs, broke the Groton career assist record of 1,672 assists held by Kaylin Kucker set in 2019. During tonight's region game she surpassed 2,000 career assists! (Photo by Jeslyn Kosel)



Jaromir and Jana Simunek scarily greeted trick or treaters at their house on Halloween night! The Simunek's are new to Groton and have enjoyed volunteering and being a part of the community. (Photos courtesy April Abeln)



**Downtown Trick & Treat**  
About 20 businesses participated in Groton's Downtown Trick or Treat event on Halloween night! Pam Hanson and Eugena Strom are pictured above handing out candy at the Groton Community Transit. (Photo courtesy April Abeln)



The Groton Christian & Missionary Church basement was full of trick or treaters, games, candy, hot dogs and beverages as the church sponsored a fun-filled Hallelujah Night on October 31st. S'mores were also served outside around a campfire. (Photos courtesy April Abeln)



A few vehicles were set up to hand out candy and hot dogs in the Groton United Methodist Church parking lot for Trunk or Treat on Halloween night. (Photos courtesy April Abeln)



## Groton Area Veteran's Day Celebration and Breakfast

The Groton Area School District will host its annual Veterans Day Celebration and Breakfast on Friday, November 10, 2023. The Veterans breakfast will be held at the Groton Area Elementary School from 7:30 AM to 8:30 AM. If you're a veteran or current member of the armed forces, we'd love to see you and serve you a free breakfast. Our students truly love bringing their veterans in and having a breakfast with them during this special event. At 2:00 PM, we will hold our annual Veterans Day Program at the Groton Area High School Arena which will include the posting of the colors, musical selections, presentations, and the playing of TAPS. The community is encouraged to join us for this event. Part of our Veterans Day tradition is the community veterans slideshow. If a member of your family has served or is currently serving, we'd be happy to include them in our slideshow. If you'd like to be included or have your relative included, please email a photo or two and some basic information such as branch of service, years of service, any active duty, etc to Joe.Schwan@k12.sd.us. You may also send actual photos to school with your children. We will scan them and return them promptly. We look forward to celebrating the selfless service of these fine men and women with you all on November 10.

# Weekly Vikings Recap - Vikings vs. Packers

By Jack & Duane Kolsrud

For only the fourth time since 1992, the Minnesota Vikings traveled to Lambeau Field as favorites to defeat the Green Bay Packers. Thanks to the Vikings' win over the 49ers on Monday night and the Packers' three-game-losing skid, all momentum was on the Vikings' side coming into Sunday.

The Vikings dominated the Packers from start to finish on Sunday. The offense picked up where they left on Monday night by getting on the board first thanks to a Cam Akers rushing touchdown in the first quarter. This was surprisingly the Vikings first rushing touchdown of the season as the team has been unable to get the rushing attack going behind Alexander Mattison. It will be interesting to see going forward if the Vikings start to use Akers more than Mattison as the offensive rushing attack does seem to run a little more efficiently with him.

The Vikings' defense on the other hand was the true star of the game. They completely set the tone to start the game as they held the Packers to four straight three-and-outs with a total of six yards of offense. And when the Packers were able to put a decent drive together, the Vikings' defense was able to hold them to only a total of 10 points in the game. Those 10 points came from two drives of over 14 plays each, which goes to show that the Vikings' defense did a great job of making the Packers have to work for their points.

The turning point of the game came early in the second half. After the Vikings scored a touchdown on their opening second-half drive to give themselves a 17-3 lead, Josh Metellus picked off Jordan Love on a deep ball and returned it to the Packers' 20-yard line. On the very next play, Kirk Cousins found Jordan Addison for a touchdown to give the Vikings a 24-3 lead and the game was pretty much a wrap after that.

Despite the Vikings' success today over the rival Packers, the real story coming from this game was that it looks like Kirk Cousins may have torn his Achilles tendon in the 4th quarter of the game after stepping wrong on a simple dropback. Cousins, who has played through injuries time and time again throughout his time in Minnesota, may not be able to play through this one. After the play, it appeared that Cousins could not put any weight on his right leg as he limped toward the sideline. You do not want to speculate but reports came out after the game that the locker room was extremely quiet despite the win, so it appears many of the players and coaching staff were assuming the worst as well.

If Cousins is in fact out for the rest of the season, the Vikings will likely turn to rookie quarterback Jaren Hall. Hall, who got into the game after Cousins' injury, did not perform in a way that would give Vikings fans hope that

he has a chance to be special. Not only did Hall get strip-sacked in his first drive, but he also seemed to not have great control of the offense. You cannot blame Hall for his poor performance as he was not expecting to get into the game Sunday. However, if the Vikings are going to give him the keys to offense for the rest of the season, Hall is going to need to gain more confidence to make throws down the field.

Vikings 24 - Packers 10

Looking ahead, the Vikings will head to Atlanta to face the Falcons next Sunday. The Falcons, who are led by arguably the worst quarterback in the NFL in Desmond Ridder, will face a Vikings defense that seems to be getting better every week. The Vikings will need their defense to show up as the offense will likely look less explosive with the loss of Cousins.

## Our heroes are getting older

I was listening to my headphones, watering flowers at Sunset Memorial Gardens—I was a groundskeeper at the cemetery—when the news was announced that August day in 1977. Elvis was dead. What? How was that even possible? Elvis had to be immortal, didn't he?

Sure, we'd lost some iconic voices. Buddy Holly and Jim Croce died in plane crashes. There were the usual misadventures involving drug overdoses, but now Boomers find themselves in an unexpected dynamic. Our spritely rock stars are aging. We're losing them to time which is a bit of a wake-up call.

Tina Turner is gone. Christine McVie, Ronnie Spector, Gordon Lightfoot, Jimmy Buffett, Michael Nesmith... and it's just the passage of time. Tina Turner was 83. I remember my grandparents at 83!

Then there are the Rolling Stones. Founded in 1962, they're not done, yet. Mick Jagger and Keith Richards have looked wrinkled and freeze dried for decades, so they've finally grown into their skin at 80. Not only that, they've got a new album out called Hackney Diamonds, and the reviews are pretty good.

Rolling Stone wrote, "If they were going to drag themselves (and us) through the process again, and after such a long gap, they also must have known they'd have to make it worth everyone's while. Shockingly, they have. A collection of bangers (old-school division) that nobody in their right mind had a right to expect in 2023, Hackney Diamonds isn't just another new Stones album, but a vibrant and cohesive record — the first Stones album in ages you'll want to crank more than once before filing away."

If it's a swan song, it sounds like it's a pretty good one. Is 80 the new 60? The way Mick Jagger still struts and dances, it may be the new 20.

I missed a chance to see the Stones' Steel Wheels tour in 1989 because my program director was mad at me. I'm sure was whispered about as possibly their last tour in consideration of their advanced age. They'd have



## That's Life

by Tony Bender

been 46 which feels positively pubescent to me these days.

I've been fortunate enough to see some of my favorite musicians while they were still performing well. Well, with Bob Dylan, it was hard to figure what he was doing. He'd rearranged his songs so dramatically, you might be halfway through the song before you figured out what it was. The answer, my friend, wasn't blowing through the speakers.

The best moment of the night was when he dropped his harmonica and he and guitarist G.E. Smith cracked up. It seemed to wake Dylan up. He was engaged after that. It wasn't a great concert from the mercurial Dylan, but it was a bucket list thing, and there were enough moments to make it memorable.

My son Dylan is named after Bob Dylan and Dylan Thomas so it frustrates him when people spell it "Dillon." His concert journey began in fourth grade when I took him to see Alice Cooper. I remember how he was draped over a guardrail, enthralled by the theater and humor. It's the kind of parenting decision that leads to visits from Child Protective Services. But Alice Cooper performs more with a wink than any kind of menace.

Other favorites I've been fortunate to see in fighting trim include AC/DC, B.B. King, Tony Bennett, Warren Zevon, Stevie Wonder, and Elton John. My first album was Goodbye Yellow Brick Road and favorite song was Funeral for a Friend, which is what he opened with. I saw Elvis Costello at Red Rocks under a full moon.

Inexplicably, the best sounding concert I've ever heard was Hall & Oates, Thanksgiving, 1986 in cavernous McNichols Arena in Denver. Weirdly, when Daryl Hall tours nowadays, fans complain that he refuses to do sound checks. I guess I got lucky.

It's hard to catch them all. I suppose the biggest hole in my bucket list is Frank Sinatra. It's funny that growing up, listening to KISS and Cooper, I couldn't have imagined developing a love for Sinatra, but when I worked for KHOW in Denver, he was a mainstay. This column—That's Life—is named after one of his greatest songs.

I've been a puppet, a pauper, a pirate, a poet  
A pawn and a king  
I've been up and down and over and out  
And I know one thing  
Each time I find myself  
Flat on my face  
I pick myself up and get  
Back in the race

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**Brown County  
Oct. 24, 2023**

**Meeting Minutes  
October 24, 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. The Pledge of Allegiance was led by Commissioner Dennert.

**APPROVAL OF AGENDA:** Commissioner Gage moved approve the agenda with striking the Operating Transfer for 24/7 and possibly moving Rental House Bid discussion if Ross Aldentaler, State's Attorney Deputy was not available at that time, seconded by Dennert. All members present voting aye. Motion carried.

**OPPORTUNITY FOR PUBLIC COMMENT:** None

**FAIRGROUNDS IMPROVEMENT FUND:** Rachel Kippley, Fair, Fairgrounds and Parks Manager met with Commission asking them to add the revenue of \$16,264.80 from Centennial Village this year to the Fairground Improvement Fund. Motioned by Commissioner Wiese, seconded by Fjeldheim to move those funds to the Fairgrounds Improvement Fund. All members present voting aye. Motion carried.

**RENTAL HOUSE BID PROPOSAL:** Moved by Commissioner Wiese, seconded by Dennert to declare the Rental House at Richmond Youth Camp surplus. All members present voting aye. Motion carried.

Discussion was held regarding the bid proposal, advertising, holding a couple of open houses, and setting bid opening date. Moved by Commissioner Fjeldheim, seconded by Gage to authorize advertising with bid opening date January 9, 2024 (2nd Tuesday in January 2024) and work with Rachel on setting up dates for Open Houses. All members present voting aye. Motion carried.

**2023 BROWN COUNTY FAIR REPORT:** Rachel Kippley, Fair, Fairgrounds & Park Manager presented preliminary budget recap of the 2023 Brown County Fair. Rachel also shared there is a \$5,000 Grant from Farm Credit that they would like to use towards updating the Beef Barn. Commissioner Fjeldheim questioned if there were any more outstanding bills for the Fair, Rachel stated the majority have been processed but there may be a few others but the Heartland Convention is this year and being held in Aberdeen so it will be offered to the Fair Board members.

**ESRI SMALL PUBLIC SAFETY ENTERPRISE AGREEMENT (SPSEA):** Moved by Commissioner Fjeldheim, seconded by Gage to approve and authorize Chairman Sutton to sign the ESRI Small Public Safety Enterprise Agreement (SPSEA) which is a three-year agreement that will grant GIS access to ESRI Term License at the cost of \$17,600.00 per year for a grand total of \$52,800.00. All members present voting aye. Motion carried.

**MINUTES:** Moved by Commissioner Dennert, seconded by Wiese to approve the General Meeting minutes of October 17, 2023. All members present voting aye. Motion carried.

**CLAIMS/PAYROLL:** Moved by Commissioner Gage, seconded by Wiese to approve the following claims/payroll: Claims: Professional Fees: Avera Medical Group Emergency \$21,02; Avera St. Luke's Hospital \$1,209.59; Brown County Treasurer \$96.60; Carrels & Bain Family Dental Care, LLC \$429.75; CGI, LLC \$462.50; Dependable Sanitation \$34,758.20; Horizon Health Care, Inc \$178.44; Saber Shred Solutions, Inc \$11,160.65; Sanford Aberdeen ED \$166.64; Sanford Clinic Radiology-North Center \$424.19; Zylstra Investigations \$4,760.40. Publishing: GateHouse Media South Dakota Holdings, Inc \$288.98; Groton Daily Independent \$164.18. Rentals: Linde Gas & Equipment Inc \$49.70. Repairs & Maintenance: Artz Equipment, Inc \$165.00; Consolidated Ready Mix, Inc \$2,927.50; Dakota Doors Inc \$487.55; Dakota Pump LLC \$872.45; Do-All Insulation \$511.00; EcoLab Pest Elimination Division \$280.91; HF Jacobs & Son Const. Inc \$581.63; House of Glass \$198.32; Jason's Electric Inc \$133.43; K&S Plumbing, Inc \$3,309.48; KONE \$4,450.44; Kramp Enterprise and Investment \$3,321.00; Leidholt Electric, LLC \$183.12; Matt's Tree Service \$350.00; Olson's Pest Technicians \$250.00; Pierson

Ford Lincoln, Inc \$697.55; Steven Lust Automotive \$109.55; TripleC Pros LLC \$1,760.00; Woodman Refrigeration, Inc \$13,583.00. Supplies: Amazon Capital Services, Inc \$141.74; Artz Equipment, Inc \$914.34; Auto Value Aberdeen \$10.99; Avera LTC Pharmacy Aberdeen \$258.21; Cole Paper Inc \$4,673.26; Dakota Oil \$127.65; Dakota Supply Group \$44.47; Geffdog Designs \$325.80; Gov-Connection, Inc \$433.29; Hall Sand & Gravel, Inc \$21,716.63; Hillyard Sioux Falls \$16.62; J.D. Power \$252.00; Jensen Rock & Sand Inc \$121,391.04; Kramp Enterprise and Investment \$1,927.90; Lien Transportation Company \$114,776.27; Marco Technologies, LLC \$53.00; Menards \$737.78; Pauer Sound, LLC \$1,586.72; Plumbing & Heating Wholesale, Inc \$2,370.14; Reuer's Auto Service \$1,299.09; Runnings \$212.97; SD Assoc of County Commissioners \$50.00; VanDiest Supply Company \$33,238.00. Travel & Conference: Abby Wentz \$345.38; Dave Lunzman \$486.00; Levi Margolies \$94.00; Lynn Heupel \$234.20; Michael Wiese \$53.04; Russell Metz \$14.00; Scott Madsen \$203.20; Stephanie Jacobson \$66.00. Utilities: CenturyLink \$1,217.88; City of Aberdeen Treasurer \$1,852.33; Dependable Sanitation \$513.00; Northwestern Energy \$1,143.71; NVC \$1,260.71; Verizon Wireless \$83.91. Machinery & Equipment: Dakota Electronics \$3,860.00. Others: Safe Harbor \$1,243.50.

**Payroll:** Commission \$4,615.41; Auditor \$11,144.00; Treasurer \$16,409.06; SA \$33,919.75; Maintenance \$11,351.21; Assessor \$15,031.21; Register of Deeds \$9,932.82; VSO \$4,254.09; GIS \$2,643.52; IT \$8,974.46; HR \$4,698.75; Sheriff \$55,120.68; Jail \$65,245.23; Coroner \$613.59; Court Security \$7,128.74; JDC \$31,670.81; Welfare \$2,336.49; Museum \$12,735.45; Parks/Fairgrounds \$6,264.26; Fair Board \$4,107.23; 4-H \$786.80; Weed \$4,983.46; Planning & Zoning \$7,232.60; Highway \$53,597.31; Dispatch \$41,837.74; Emergency \$7,761.37; 24/7 Sobriety \$2,702.47; Landfill \$17,921.87; Mileage Benefits \$752.00; Meal Benefits \$70.00; FICA \$26,441.63; Medicare \$6,183.93; Discovery\_HSA \$1,739.78 and Retirement\_SDRS \$55,103.25. All members present voting aye. Motion carried.

**HR REPORT:** Moved by Commissioner Dennert, seconded by Wiese to approve the following Human Resource Report submitted by Human Resources Director, Allison Tunheim:

Transfer of Cody Richards from Brown County Jail Detention Officer to Brown County, JDC; effective October 30, 2023.

Hiring of Carlos Caraballo Rodriguez as Brown County Jail Detention Officer, FT, starting wage \$20.67/hour; effective October 22, 2023.

All members present voting aye. Motion carried.

**ZONING ORDINANCE – SET HEARING DATE/AUTHORIZE PUBLICATION:** Moved by Commissioner Fjeldheim, seconded by Gage to set hearing date and authorize publication for first reading of the following zoning ordinance to be held on November 14, 2023 in the Commissioner's Chambers, Courthouse Annex, Brown County, SD. Proposed Ordinance #260, applicant John & Lindsay Peterson for the purpose of rezoning the following property from Agriculture Preservation District (AG-P) to Lake Front Residential District (R-3) to bring this parcel into compliance for its current use: Lobe 1B of L1, "Biegler Richmond Lake Second Subdivision" in the SW ¼ of Section 13-T124N-R65W of the 5th P.M., Brown

County, South Dakota (37902 127th Street, Ravinia Twp.) All members present voting aye. Motion carried.

**PLATS:**  
Resolution #47-23  
Commissioner Wiese brought the following resolution: "Be it resolved by the County Commission of Brown County, South Dakota that the plat showing "Groton Substation Second Addition in the Southwest Quarter of Section 18, Township 122 North, Range 60 West of the 5TH P.M., Brown County, South Dakota" having been examined is hereby approved in accordance with the provisions of SDCL 1967, Chapter 11-6, and any amendments. Seconded by Commissioner Gage. All members present voting aye. Resolution adopted.

**Resolution #48-23**  
Commissioner Wiese brought the following resolution: "Be it resolved by the Board of County Commissioners of Brown County, South Dakota, that the following plat showing River Horse North Third Subdivision in the NE ¼ of Section 4-T123N-R63W of the 5TH P.M., Brown County, South Dakota, having been examined, is hereby approved in accordance with the provisions of SDCL 11-3 and any amendments thereof". Seconded by Commissioner Gage. All members present voting aye. Resolution adopted.

**Resolution #49-23**  
Commissioner Wiese brought the following resolution: "Be it resolved by the Board of County Commissioners of Brown County, South Dakota, that the following plat showing Tim & Peggy Fliehs First Subdivision in Government Lot 1 in the NE ¼ of Section 4-T121N-R61W of the 5TH P.M., Brown County, South Dakota, having been examined, is hereby approved in accordance with the provisions of SDCL 11-3 and any amendments thereof". Seconded by Commissioner Gage. All members present voting aye. Resolution adopted.

**SURPLUS VEHICLE FROM EQUALIZATION:** Moved by Commissioner Wiese, seconded by Dennert to declare the 2011 Chevrolet Impala from the Dept. of Equalization surplus and added to the next auction. All members present voting aye. Motion carried.

**OTHER BUSINESS:** None  
**EXECUTIVE SESSION:** Moved by Commissioner Fjeldheim, seconded by Wiese to go into Executive Session for Personnel and Legal per SDCL 1-25-2. All members present voting aye. Motion carried. The Chairman declared the executive session closed with no action taken.

**ADJOURNMENT:** Moved by Commissioner Wiese, seconded by Gage to adjourn the Brown County Commission meeting at 9:45 a.m. All members present voting aye. Motion carried.

Lynn Heupel, Brown County Auditor  
Published November 1, 2023, at the total approximate cost of \$94.37 and may be viewed free of charge at [www.sdpublicnotices.com](http://www.sdpublicnotices.com). 22646

**Brown County  
Peterson Rezone  
Notice**

**NOTICE**  
Application has been made by John & Lindsay Peterson to the Brown County Board of Commissioners for a change of zoning. Hearing to be held in the Commissioner's Chambers, Courthouse Annex, Brown County, South Dakota on November 14, 2023, for the purpose of rezoning the following properties from Agriculture Preservation District (AG-P) to Lake Front Residential District (R-3) to bring this parcel into compliance for its current use:

Lot 1B of Lot 1, "Biegler Richmond Lake Second Subdivision" in the SW1/4 of Section 13-T124N-R65W of the 5th P.M., Brown County, South Dakota (37902 127th Street, Ravinia Twp.).

The public is invited to attend the hearing and to present comments and testimony regarding the amendment to Second Revision Brown County Ordinances pertaining to rezoning the described property. At conclusion of the hearing, the Brown County Commission may adopt first reading of Ordinance No. 260.

ATTEST: Lynn Heupel, Brown County Auditor  
Published November 1, 2023, at the total approximate cost of \$13.18 and may be viewed free of charge at [www.sdpublicnotices.com](http://www.sdpublicnotices.com). 22647

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**GROTON'S EVENTS**

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605 Christmas at the Barn  
10am-5pm each day**

**Nov. 11 Legion Post  
#39 Turkey Party  
6:30pm**



**Nov. 23 Community  
Thanksgiving at the  
Community Center  
11:30am-1pm**



**Dec. 2: 7th Annual  
Holiday Party, Live &  
Silent Auctions at  
Olive Grove Golf  
Course 6pm-close**

**Dec. 9 Santa Claus  
Day at Professional  
Management Services  
9-11am**



**Jan. 28, 2024 Groton  
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at the Community  
Center 10am-1pm**



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# The Groton Independent

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Deadline to submit items: Noon Monday]

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# The Life of Collette Baker



Collette Baker, 55, of San Francisco, CA and formerly of Groton passed away October 25, 2023 at Saint Francis Memorial Hospital in San Francisco.

Collette Sue Baker was born March 9, 1968 at Jamestown, North Dakota. She attended school in Groton, South Dakota graduating with the class of 1985. She had an adventurous spirit and if she had an idea, she found ways to make it happen, like graduating from high school in three years instead of four. She went to the principal at the end of her sophomore year and told him that she wanted to graduate after her junior, even though mom and dad said NO! He made it happen and she graduated in 1985 instead of with the class of 1986. She was ready to travel and left for a nanny job out east in Rhode Island. After having that job for a couple of years, she decided that it was time to go to college. She went off to College of Saint Mary's in Omaha, Nebraska graduating with an Associate

Degree in Applied Science in 1993. This degree led her to live her out her dreams of a life of traveling. She loved working in the emergency room as an RN. She joined a travel agency and worked in Phoenix metro area for several years, then took her travels to Alaska where she worked in Anchorage and Kenai in the emergency department. After several years there, she took a job in San Francisco Bay area. She loved the area and took a permanent job at the Zuckerberg San Francisco General Hospital and Trauma Center for the past 15 years. She had a gift of visiting with everyone she met, no one was a stranger. Even in death she wanted to make a difference in as many lives as she could. She was a donor for tissues, bones, eyes, connective tissue, and skin.

Collette is survived by her husband Ray Novak of San Francisco, mother Karen Wolter, brother Keith (Mayme) Baker and sister Coralea Wolter, aunts and uncles, nieces and nephews. Her faithful four-legged furry companion (Gizmo) will be lost without her. She was preceded in death by her dad Dale Wolter and brother Kervin Wolter. Private inurnment will be held in the spring at Groton Union Cemetery under the direction of Paetznick-Garness Funeral Chapel. A memorial nursing scholarship will be established.

# The Groton Independent

Printed & Mailed Weekly Edition

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## First Quarter Groton Area Honor Roll

### Seniors

**4.0 GPA:** Emily Clark, Lydia Meier, Claire Heinrich, Hannah Monson, Holden Sippel, Cadence Fiest, Camryn Kurtz, Anna Bisbee, Ashlyn Sperry, Kyleigh Englund, Faith Fliehs, Abigail Jensen, Anna Fjeldheim, Sydney Leicht, Lexi Osterman, Bryson Wambach

**3.99-3.50:** Emma Schinkel, Lane Tietz, Dillon Abeln, Colby Dunker, Logan Ringgenberg, Shea Jandel, Karsyn Jangula, Carly Guthmiller

**3.49-3.00:** Bradin Althoff, Jackson Garstecki, Jacob Zak, Tyton Stange, Shaela McGannon

### Juniors

**4.0 GPA:** Gretchen Dinger, Axel Warrington, Elizabeth Fliehs, Payton Mitchell, Faith Traphagen, Emma Kutter, Laila Roberts

**3.99-3.50:** Diego Eduardo Nava Remigio, Blake Pauli, Brevin Fliehs, Brooklyn Hansen, Kennedy Hansen, Jeslyn Kosel, Logan Pearson, Kayla Lehr

**3.49-3.00:** Kellen Antonsen, Divya Pelmelay, Turner Thompson, Abby Yeadon, Kaden Kampa, Easten Ekern, Carter Simon, Ashlyn Feser, Corbin Weismantel, Emily Overacker, Riley Carman, Rebecca Porr, Caden McInerney, Korbin Kucker, Drew Thurston, Emma Bahr

### Sophomores

**4.0 GPA:** Mia Crank, Carly Gilbert, Jerica Locke, Jaedyn Penning, Gage Sippel, Nathan Unzen

**3.99-3.50:** Rylee Dunker, Talli Wright, London Bahr, Ryder Johnson, Natalia Warrington, Logan Warrington, Benjamin Hoeft, Raelee Lilly, Olivia Stiegelmeier, Karsten Fliehs, Keegen Tracy, Paisley Mitchell, Lucas Carda, Aiden Meyers, De Eh Tha Say, Hannah Sandness

**3.49-3.00:** Cali Tollifson, Lincoln Krause, Breslyn Jescke, Cambira Bonn, Garrett Schultz, Jayden Schwan, Keegan Harry, Gentry Pigors, Drake Peterson

### Freshmen

**4.0 GPA:** Liby Althoff, Kira Clocksene, Teagan Hanten, Carlee Johnson, Brody Lord, Ashlynn Warrington

**3.99-3.50:** Emerlee Jones, Colt Williamson, Kella Tracy, McKenna Tietz, Taryn Traphagen, Hayden Zoellner, Halee Harder, Leah Jones, Aiden Strom, Avery Crank

**3.49-3.00:** Jackson Hopfinger, Logan Clocksene, Addison Hoffman Wipf, Zander Harry, Ashton Holmes, Blake Lord, Gavin Kroll, Hailey Pauli, Walker Zoellner, Skyler Kramer, Alyssa Beauchamp, Claire Schuelke, Estella Sanchez-Gonzalez, Brenna Imrie

### Eighth Graders

**4.0 GPA:** Makenna Krause, Thomas Schuster

**3.99-3.50:** Elizabeth Cole, Sydney Locke, Addison Hoeft, Ryder Schelle, Taryn Thompson, Layne Johnson, Rylie Rose, Easton Weber, Mya Feser, Jace Johnson, Ethan Kroll, Kyleigh Kroll, Chesney Weber, John Bisbee, Rylen Ekern, Wyatt Wambach

**3.49-3.00:** Karson Zak, Braeden Fliehs, Gracie Pearson, Kinsley Rowen, Thomas Aalseth, Alex Abeln, Brayden Barrera, Ryelle Gilbert, Brysen Sandness, Kason Oswald

### Seventh Graders

**4.0 GPA:** Neely Althoff, Kolton Antonsen, Wesley Borg, Zachary Fliehs, Madison Herrick, Brooklyn Spanier, Novalea Warrington

**3.99-3.50:** Aspen Beto, Abby Fjeldheim, Tevan Hanson, Asher Johnson, Lincoln Shilhanek, Wesley Morehouse, Connor Kroll, Logan Olson, Aurora Washenberger

**3.49-3.00:** Tenley Frost, Jordan Schwan, Madison Little, Samuel Crank, Arianna Dinger, Sydney Holmes, Kenzey Anderson, Kaedynce Bonn

### Sixth Graders

**4.0 GPA:** Axel Abeln, Hudson Eichler, Amelia Ewalt, Gavin Hanten, Liam Johnson, Liam Lord, Asher Zimmerman

**3.99-3.50:** Sophia Fliehs, Jameson Penning, Illyanna Dellaire, Andi Gauer, Ryder Schwan, Aubrie Lier, Trey Tietz

**3.49-3.00:** Kyson Kucker, Trace Schelle, Nolan Bahr, Keegan Kucker, Haden Harder, Gavin Younger, Rowan Patterson, Wyatt Morehouse, Kamryn McKane, Jaclyn Rudebusch, Peyton Castles, Dacey Kampa

## Legion Auxiliary October Meeting

Groton Unit 39 of the American Legion Auxiliary held their monthly meeting on October 2, with ten members present. Girls State delegates for 2023, Camryn Kurtz and Emily Clark, came before us to share their experiences while attending Girls State this past summer. Both shared how they campaigned for offices, helped other campaign by creating posters and flyers, dignitaries that attended, amount of information learned, and building relationships with other junior girls throughout the state of South Dakota. They had a wonderful experience and will encourage other junior girls to apply this year.

We talked about community service projects. We want to help support our local veterans through the Food Pantry. Meri Erickson will report back on how we can help our veterans after discussing the issue with the Food Pantry operators. Coralea Wolter is the chairman for Pumpkin fest which will be held on Saturday, Oct. 14 at the local park. We are giving a \$50 donation to Pumpkin Fest to support this wonderful community service project. The Veterans Day program was discussed. Chairman Jan Seibel stated that Mr. Wanner and Mr. Thorson, teachers from Groton Area School, have offered their junior and seniors students to help with the interviews and making the PowerPoint presentations. Six Vietnam era veterans will be honored with quilts this year which are made by member Karen Wolter. Veteran classroom visits or one to one interviews will take place during October.

The Annual Turkey Party hosted by Groton American Legion Post 39 and supported by our Auxiliary will be Saturday, Nov. 11 starting at 6:30. Auxiliary workers are needed for the kitchen hours of 6-8 and 8-10 and Bingo hours 7 until out of ham/turkey tickets. Menu will be: BBQ sandwich and chips, Nacho supreme, baked goods. ALL members are asked to donate one item for the "Cake Walk." Items don't necessarily have to be cakes. Many delicious items were donated last year like frosted rolls, caramel rolls, puppy chow, etc... Please have those items to the Legion kitchen by 5 PM on that Saturday. Call or email president Samantha to set up your work time and if you can donate a pan of baked goodies for the kitchen.

Membership dues are being collected by membership chairman, Jan Seibel. Please change the return address on your form you received in the mail to 42541 102nd St, Britton, SD 57430. The address listed on your renewal form is not correct. If you've already mailed it in, it has been received by last year's chairman. Senior dues are \$31 and junior dues are \$5.50. Right now we have 53 members paid for 2024. PLEASE GET YOUR DUES PAID ASAP.

Our next meeting will be held on Monday, November 6 at the Legion hall.



**Emily Clark and Camryn Kurtz talked about their experience at Girls State.**

(Photo courtesy Jan Seibel)

## Eight named to All Conference Football Team

The following Groton Tiger Football Players were selected to the 2023 Northeast Conference Football Team: All-Conference Players: - Senior, Holden Sippel - Senior, Logan Ringgenberg - Senior, Lane Tietz - Senior, Colby Dunker - Junior, Christian Ehresmann - Junior, Teylor Diegel Honorable Mention Players: - Junior, Korbin Kucker - Sophomore, Keegen Tracy.



## NSU Band Clinic

Seventeen Groton Area band students took part in the Northern State University Band Clinic held Wednesday in Aberdeen. Pictured in back, left to right, are Kira Clocksene, Becca Poor, Jeslyn Kosel, Alex Warrington, Logan Clocksene, Jayden Schwan, Emerlee Jones, Gavin Kroll, Gretchen Dinger and Emily Clark; in front, left to right, are Carlee Johnson, Jackson Hopfinger, Kianna Sander, Ashlynn Warrington, Blake Lord, Natalia Warrington, Brody Lord and Groton Director Desiree Yeigh; not pictured is Teagan Hanten. (Photo courtesy Desiree Yeigh)



## Good Luck Groton Area Tigers in Post Season Action!



Back row: Jaedyn Penning, Chesney Weber, Faith Traphagen, Emma Kutter, Rylee Dunker, Sydney Leicht and Anna Fjeldheim.  
Front row: Kella Tracy, Sydney Locke, Talli Wright, Laila Roberts, Carly Guthmiller, Jerica Locke and Elizabeth Fliehs.

Groton Post No. 39 American Legion

**Annual  
Turkey Party**  
Saturday, Nov. 11, 2023  
Starting at 6:30 p.m.

Groton Legion Post Home, 10 N. Main.

Turkey, Ham and Bacon  
to be given away

**FREE ADMISSION**

**DOOR  
PRIZE!**

Lunch served  
by Auxiliary



**Groton Area vs. Sisseton**  
Thursday, Nov. 2, 2023, 6 p.m.  
Groton Area Arena

**Good luck from these GDILIVE.COM Sponsors who are making the broadcasts FREE of charge!**

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Bary Keith at Harr Motors  
Bierman Farm Services  
BK Custom T's & More  
Blocker Construction  
Dacotah Bank  
Full Circle AG  
Groton American Legion Post #39  
Groton Chamber of Commerce  
Groton Chiropractic Clinic  
Groton Dairy Queen

Groton Ford  
Ken's Food Fair  
Lori's Pharmacy  
Love to Travel with Becah Fliehs  
Milbrandt Enterprises Inc.  
MJ's Sinclair  
Professional Management Services  
S & S Lumber & Hardware Hank  
Spanier Harvesting & Trucking  
The Meathouse of Andover  
Weismantel Agency of Columbia

# Region 1A Volleyball

## Groton Area beats Waubay-Summit

Groton Area advanced to the next round of the Region 1A Volleyball Tournament with a 3-0 win over Waubay/Summit. The match was played Tuesday night in Groton.

Game scores were 25-21, 25-13 and 25-9.

The three seniors led the Tigers and all three had double figures. Anna Fjeldheim was 13 of 17 in attacks with 10 kills and also had double-double with 10 digs and she a solo block. Sydney Leicht was 16 of 19 in attacks with 10 kills, she was 12 of 12 in serving with three ace serves and had an assisted block. Leight also scored the game winning point in all three sets with two ace serves and a kill. Carly Guthmiller had 10 digs, was 19 of 21 in serving with six ace serves.

Others adding to the Tiger win were Chesney Weber with 15 of 18 in attacks with five kills and had two ace serves. Elizabeth Flihs, who now has over 2,000 career assists and hold the school record, had 21 assists on the night and she was 13 of 14 in serving with five ace serves and she had one kill. Rylee Dunker had four kills and one solo and one assisted block. Jaedyn Penning was one kill and one assist. Laila Roberts had five digs.

Groton Area will play Sisseton on Thursday at 6 p.m. in Groton.

## Sisseton runs away with fourth set for the win

Sisseton and Redfield battled in four sets before the Redmen pulled out a fourth set win. Sisseton won the first set, 25-17. That set was tied eight times before the Redmen puled away for the win. The second set went extra points with Redfield getting the 32-30 win. Down the stretch, the set was tied seven times. Sisseton won the third set, 25-21, with that set tied seven times. The Redmen jumped out to an 8-1 lead in the fourth set and went on for the 25-16 win. Katie Rozell led Redfield with 19 kills, three ace serves and a block. Others scoring for Redfield were Charlie Jungwirth with eight kills and three aces erves, Hayden Gall, Kinley mith and Cecilia Suchor each having six kills, Chole Zens had two kills and two ace serves and Jersey Morrison and Layla Hardie each had an ace serve.

Chloe Langager led the Redmen with 20 kills, two ace serves and a block. Adding to the Sisseton tally were Emmalee Nielsen with eight kills, a block and an ace serve, Krista Langager had five kills and six blocks, Ruby Rice had seven kills and two ace serves, Rylie Huff had three blocks and a kill, Jourdes Chanku had two kills and Tara Nelson had two aces serves and a kill.

Both matches were broadcast live on GDILIVE.COM, with Justin Hanson and Ryan Tracy providing the commentary. Broadcast sponsors were Avantara of Groton, Bary Keith at Harr Motors, Bierman Farm Services, BK Custom T's & More, Blocker Construction, Dacotah Bank, Full Circle AG, Groton American Legion Post #39, Groton Chiropractic Clinic, Groton Dairy Queen, Groton Ford, Ken's Food Fair, Lori's Pharmacy, Love to Travel with Becah Flihs, Milbrandt Enterprises Inc., MJ's Sinclair, Professional Management Services, S & S Lumber & Hardware Hank, Spanier Harvesting & Trucking, The Meathouse, Weismantel Agency.

## Conde National League

**October 30, 2023 Team Standings:** Cubs 20, Giants 18½, Braves 16, Tigers 15, Mets 14½, Pirates 12

**Men's High Games:** Austin Schuelke 213, Ryan Bethke 212, Russ Bethke 211, 203

**Men's High Series:** Russ Bethke 594, Austin Scheulke 545, Ryan Bethke 506

**Women's High Games:** Suzi Easthouse 222, Nancy Radke 200, Sam Bahr 163

**Women's High Series:** Suzi Easthouse 575, Nancy Radke 415, Vickie Kramp 424

## Weekly SUDOKU

by Linda Thistle

4			6			5
	3		8			6
		1	2		7	3
8	1			2		6
	5		9			7
		7		3		8
	8		4			9
		6	3		5	8
9				5		1

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

### DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate   ♦♦ Challenging  
♦♦♦ HOO BOY!

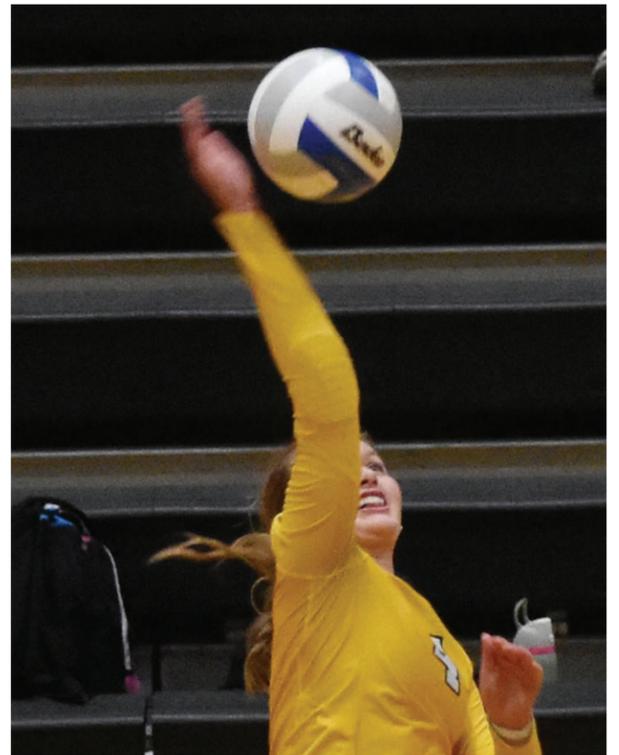
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**Elizabeth Flihs**  
(Photo by Jeslyn Kosel)



**Anna Fjeldheim**  
(Photo by Jeslyn Kosel)



**Sydney Leicht**  
(Photo by Jeslyn Kosel)



**Faith Traphagen**  
(Photo by Jeslyn Kosel)



**Carly Guthmiller**  
(Photo by Jeslyn Kosel)

Everyone knows what I want to happen.  
Do I really need a plan?

### Sustaining the Legacy

Estate Planning and Farm Transition for Farmers and Ranchers. Planning makes a difference.

Winner  
December 5, 12, and 19, 2023  
Seating is limited.

Early registration  
closes on  
November 20, 2023.

Register online at [extension.sdstate.edu/events](https://extension.sdstate.edu/events)

#### Topics Covered

What a will should include | What does probate really do? | Are trusts something I need? | Asset protection through LLC, LLC, and FLP | Tax laws and changes | How titles can cause problems | Life insurance and long-term care insurance | and more.



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## October Students of the Month

The following have been chosen as Groton Area's MS/HS student of the month for October

From back Left: Axel Warrington ( 11th), Claire Heinrich (12th), Jaedyn Penning (10th), Ashlynn Warrington (9th)

From Front Left: Neely Althoff ( 7th), Makenna Krause (8th), Hudson Eichler (6th)

(Courtesy Photo)

## 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)**  
PO Box 34, Groton SD 57445

### AUCTIONS

**INTERSTATE AUCTION CENTER.** November 4, 10:00am. 3 miles east of SF, exit 402, Brandon, SD. Lawn mower, garden equipment, recreational, etc. Full listing: [auctionzip.com](http://auctionzip.com), 605-331-4550

**STEVE EICHSTADT ESTATE AUCTION.** Miller SD. November 4-5. 100+Guns. Winchester, Browning, Henry, Excellent Condition. 1000+ Coins. Toy Collection. Antiques. Dacotah Diamond Auctions, Clayton Keck, Auctioneer. 605-354-8468. [Dacotahdiamondauctions.com](http://Dacotahdiamondauctions.com).

**HAND COUNTY SURPLUS (3) Deere Roadgraders.** Online Only Auction November 15. Dacotah Diamond Auctions. Go to [Auction-Time.com](http://Auction-Time.com) Lot Numbers 2903, 2930, 3050. Call 605-354-8468.

### EMPLOYMENT

**OAHE GRAIN CORPORATION** in Onida, SD is looking for yard help. Dumping trucks, loading rail cars and trucks, drying grain. Wages DOE. Will train. Great equipment & work atmosphere. Health insurance, 401k program & profit sharing. Call 605-258-2811 ask for Tim or Bryan.

### LAND

**FARMLAND** rents are strong. Do you need representation or a Farmland Manager? Contact Tim Peters at 605.270.9410 or [tpeters@pifers.com](mailto:tpeters@pifers.com). Pifer's Land Management, [www.pifers.com](http://www.pifers.com)

### MISCELLANEOUS

**BATH & SHOWER UPDATES** in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-799-3330

**GOT AN UNWANTED CAR???** DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 888-860-0258.

### NOTICES

**ADVERTISE IN NEWSPAPERS** statewide for only \$150. Put the South Dakota Statewide

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

Weekly SUDOKU  
Answer

4	2	8	1	6	3	7	9	5
7	3	9	8	5	4	1	6	2
5	6	1	2	9	7	3	4	8
8	1	4	5	7	2	9	3	6
6	5	3	9	1	8	2	7	4
2	9	7	4	3	6	8	5	1
3	8	5	7	4	1	6	2	9
1	4	6	3	2	9	5	8	7
9	7	2	6	8	5	4	1	3

## Groton Wage Memorial Library

120 N Main St – Groton, SD – (605) 397-8422

Open Monday-Friday 8am-5pm

- Library Cards are FREE to ALL Groton Area Residents!
- Offer a variety of books, magazines, audiobooks and DVDs!
- Offer printing, copying, faxing and scanning services!
- Computer Lab, laptops and tablets available for public use!
- Now offering e-books and audiobooks with the FREE OverDrive/Libby App!

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Why you'll love Libby:

- Quick and easy setup! Just follow the prompts to start reading
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- Unlimited custom tags to categorize books however you'd like
- Push notifications so you never miss a thing, including available holds
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With the classic OverDrive app being discontinued soon, it's time to read on Libby. The award-winning Libby app by OverDrive offers a fresh, easy-to-use design with access to the same great titles from your library.

Visit [overdrive.com/libby](http://overdrive.com/libby) to get started with Libby today!

Summer Storytime EVERY Thursday in the Summer June-August!

'1,000 Books Before Kindergarten Program' is NOW available!

**FREE UPCOMING EVENTS: MUST PREREGISTER BY CALLING LIBRARY**

Saturday, October 28<sup>th</sup> 3pm-5pm: Halloween Movie Event: Featuring Hocus Pocus 2!

Saturday, December 9<sup>th</sup> 11am-1pm: Christmas Movie Event (TBA). Jungle Pizza will be served!

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ALL OVER ROOFING

## Is Ebony Going Extinct & What Can Be Done?

Grace Wu - October 26, 2023

Dear EarthTalk: I hear that ebony is going extinct in the wild. Is there anything we can do to conserve what's left and are there alternatives we can use instead? —Paul B., Bowie, MD

Ebony wood is frequently used in furniture and musical instruments because of its exceptional hardness, density, fine texture and extremely dark hue. The immense demand for this valuable hardwood has led to overexploitation and illegal logging. Meanwhile, the culling of the biggest trees has meant successive generations are smaller and smaller—and ebony trees are slow growers to begin with. Regenerating an ebony forest after it's been cut could take upwards of a century.

Ebony grows mainly in central Africa and southeast Asia, and is critical for economies heavily reliant on natural resources. Insufficient environmental regulations make it disturbingly easy for illicit logging groups to operate in remote forests. Without proper management, loggers typically target physically superior trees, leading to the weakening of the genetic pool of the remaining trees. On a larger scale, the loss of ebony trees carries adverse consequences for local ecosystems. These trees provide sustenance to wildlife; their fruits feed monkeys and apes, while their leaves support animals like elephants.

If you decide to buy a product containing ebony, look for certifications from the Forest Stewardship Council (FSC) or the Program for Endorsement of Forest Certification (PEFC). Wood that is certified by these groups is sourced from forests that are managed in a manner that safeguards biodiversity, supports the well-being of local communities and laborers, and maintains economic sustainability. Fraudulent certification labeling is on the rise among ebony vendors trying to deceive eco-conscious consumers into purchasing their products. To verify the authenticity of a certification, search the FSC and PEFC databases.

Above all else, abstaining from purchasing ebony is the most effective way to prevent your contribution to its overexploitation. Fortunately, there are many other types of wood that may suit your color, durability and texture preferences.

Katalox, or Mexican Royal Ebony, is a non-threatened species with natural dark hues ranging from reddish-brown to nearly pitch black. It has a medium-fine texture and actually surpasses ebony in hardness. Black palm, another non-threatened species, has a speckled appearance with lighter-brown streaks amidst its dark coloring. It's another species that is unthreatened, making it especially sustainable. It is less dense and more susceptible to insect attacks, so for projects needing resistance, exploring other materials might be wise. A third option, black-dyed wood veneers, offers customizability and affordability. Typically, the base panels are made of a common lighter-colored hardwood, such as maple, oak or beech, that have undergone a dyeing process to replicate the deep black color of ebony.

Understanding the ecological implications of ebony wood and exploring sustainable alternatives is essential for responsible consumer choices and the protection of our natural resources.



**Ebony forests are on the ropes in Asia and Africa and environmentalists are pleading with consumers to find alternatives.** Credit: Richard Toller, Flickr/CC

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**FREE COFFEE**  
Come Join AARP Aberdeen "Free Coffee" Wednesday!  
Wed., November 1 from 8:30 am - 10:00 am  
At Ken's SuperFair Foods-Coffee Shop  
\*Also Wed. Dec 6

**Check out our SPOOKTACULAR Weekly Specials!**

**TOGETHER, WE CAN END ALZHEIMER'S DISEASE**  
10% of drink sales from Ken's Gourmet Coffee will be donated to The Alzheimer's Association now thru Nov. 30th

**USDA Choice Demkota T-Bone Steak** **\$8.99** Per Lb.

**Honeycrisp Apples** **\$1.49** Per Lb.

**Ken's Fresh 93% Lean Ground Beef** **\$4.99** Per Lb.

**Green Giant Vegetables** 14.5-15.25 Oz. Cans **5/\$5**

**Campbell's Chunky Soup** 18-19 Oz. Cans **2/\$4**

**Keebler Zesta Saltines** 1 Lb. Boxes **2/\$5**

**Capri Sun Pouch Drinks** 10 Ct. Boxes **2/\$6**

**Campbell's SpaghettiOs** 15.6-15.8 Oz. Cans **4/\$5**

**Ken's Gourmet Coffee** Beans **\$2.00 OFF**

**Flavor of the Week!** Candy Corn **\$3.49-\$4.49**

**APP DEAL OF THE WEEK**

**Best Choice Chunk or Shredded Cheese** **99¢**  
7-8 Oz. Pkg. w/\$10 Purchase & Ken's App.  
Requires \$10 additional purchase and use of Ken's App

**Introducing KEN'S NEW Package Kiosk Machine!**

**SEND KIOSKS**

Look on Pg. 6 for all the Details!

**Meat**

**USDA Choice Demkota Boneless Bottom Round Roast** **\$4.49** Per Lb. **SAVE \$2.30 Per Lb.**

**Dairy**

**Prairie Farms Grade AA Butter** **\$3.99** 1 Lb. Qtrs.

**Frozen**

**Brew Pub Lotzza Motzza Pizza** **\$5.99** 20-26.82 Oz.

**Liquor**

**Forty Creek Barrel Select** **\$29.99** 1.75 LITER

**Household**

**Dawn Dishwashing Liquid** **\$4.49** 16-28 Oz. Bottle

**Bakery**

**Ken's Bakery Fresh White Party Buns** **\$2.99** 12 Count

**Deli**

**Cheese of the Week! Henning's Cheese Chunks** Variety of Flavors 5.6 Oz. **\$5.99** Each

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](mailto:question@earthtalk.org).

### Your gastrointestinal system – no reason to be grossed out!

A common lament I hear from my patients as they try to discuss a real concern they have about their body: "I'm sorry; this is so disgusting!" Their cheeks burn with shame as they tell me how their bowels have betrayed them. No matter what the issue is, so many of my patients are mortified discussing their diarrhea, constipation, fecal incontinence. My response, always, is "you can't gross me out – we talk about poop every day in this clinic!"

Plenty of things can go wrong in the gastrointestinal tract, and even minor issues can be really disruptive in a person's life. Certain features of bowel dysfunction, like blood in the stool, abdominal pain, and weight loss, might signal more urgency to get a problem diagnosed and fixed. We certainly don't want to miss things like tumors, ulcers, inflammatory bowel disease, and diseases that might affect absorption of nutrients.

Oftentimes, none of those "red flags" are present, but a patient's gastrointestinal symptoms are affecting their ability to function at work or socially. In cases when we either have ruled out or have low suspicion for something "bad" we can still offer plenty to help with these symptoms. Sometimes that might mean trials of elimination of food types, dietary changes, addition of fiber, or other medications. GI symptoms might be a side effect of another medication. We frequently have to do some trial and error to find the right combination of things that improve an individual's function, but usually we can do so. In some cases consulting with gut specialists, dietitians, even physical therapists, can be very helpful.

My point here is this: if you are having gut symptoms that are worrying you or disrupting your day-to-day life, let's talk about it! Whatever discomfort you have discussing it, I promise, is not shared by your primary care provider or friendly gastroenterologist. We want to help you get answers. And even if there is not a simple diagnosis or fix to the problem, we want to help you be more comfortable leaving the house without worrying about what your gut will do. So please, don't let feeling grossed out keep you from asking the question.

Kelly Evans-Hullinger, M.D. is part of The Prairie Doc® team of physicians and currently practices internal medicine in Brookings, South Dakota. Follow The Prairie Doc® at [www.prairiedoc.org](http://www.prairiedoc.org) and on Facebook featuring On Call with the Prairie Doc® a medical Q&A show providing health information based on science, built on trust, on SDPB and streaming live on Facebook most Thursdays at 7 p.m. central.



**Kelly Evans-Hullinger, MD**