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The Groton Independent

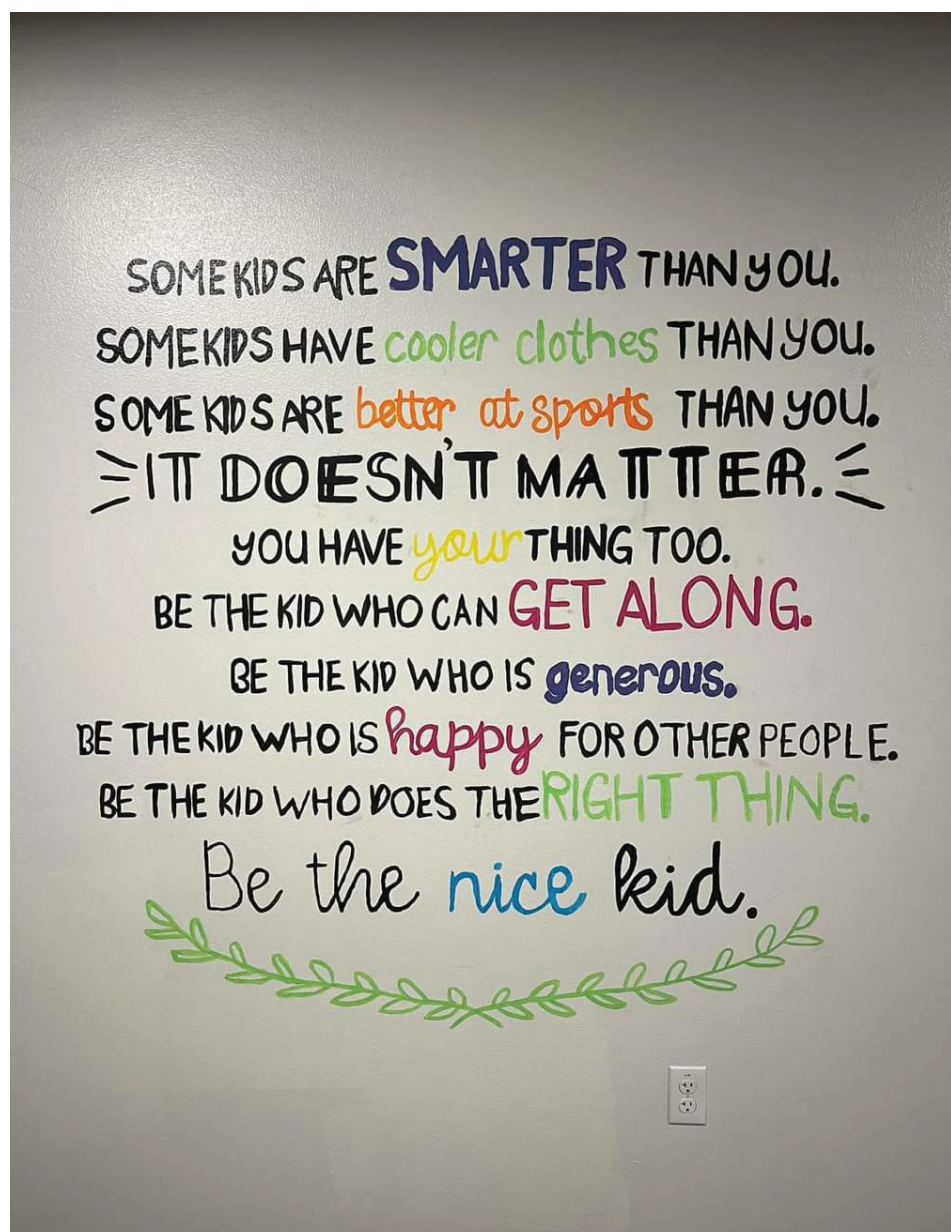
Vol. 141 No. 48 ♦ Groton, SD ♦ Wednesday, Aug. 21, 2024 ♦ Established in 1889

Facebook quote gets a spot on the walls

What started as a Facebook share among the Fellowship of Christian Students group page, turned quickly into having the quote painted in the Groton Elementary and Middle School Hallways before the school year began. A few adult leaders worked with the school administrators for approval, supplies were provided, and some students completed the project on Sunday afternoon, August 18th.



Kyree Yeigh working on the quote. (Courtesy Photo)



10th Anniversary!

Believe it or not, GDILIVE.COM is celebrating its 10th anniversary this season. So much has changed in technology over the years. The equipment is shown set up at the soccer field, complete with its own source of power with the power box, and a Wifi box provided by JVT. Along with the sponsors, GDILIVE.COM continues its broadcasts this year.

Queen of Hearts goes out!

Kari Bartling's name was drawn Thursday night with a jackpot of \$40,266. Ticket sales for the week were \$2,970. Bartling picked card number seven, which was the Queen of Hearts. She will get half of the jackpot with the remaining half being split between the Olive Grove Golf Course and the Groton American Legion.



Pictured left to right are Anna Bisbee, Ashlynn Warrington, Teagan Hanton and Emerly Jones. (Courtesy Photo)

Other students not pictured: Libby Cole, Addison Hoeft, Tori Schuster, Jace Johnson

The world's greatest gopher hunters



When I was a kid, my job each summer at my Grandpa and Grandma Spilloway's farm, near Gackle, North Dakota, was to clear the gophers out of the pasture. Grandpa was more than happy to supply me with the traps, free of charge. I still remember buying them at the big brick hardware store on the corner. We bought .22 hollow point shells, too. At the time, they cost a dollar for a box of 50.

I made a good living at five cents a gopher tail. If I took the rifle with me, I had to shoot straight, because I had to reimburse Grandpa two cents for each spent shell. Even if you were perfect, you took a 40-percent pay cut. You sure as heck wanted to make sure the gopher didn't tumble back into the hole, because no tail, no nickel.

Like any good entrepreneur, I devised a third option. With my traps set, I learned to snare gophers with baling twine. I learned patience and how to make the sexiest gopher whistle you ever heard. Patience, economics and marksmanship — that's what I learned.

I appreciated the solitude and beauty of the prairie. The crocuses in the early summer, the sounds of the red wing blackbird or the yellow headed blackbird, which sounded like a rusty gate closing. I sat on rock piles and contemplated life, sometimes just listening to myself breathing.

By each summer's end, I had worked through a couple of pastures. I took it personally if I spotted a gopher in a pasture that had been "cleared." Some of them were pretty cagey.

If I was a good gopher hunter, my mother was the master. I still remember going for an epic gopher hunt with her and my Grandpa Bender on his farm, near Ashley, one Sunday afternoon.

Up until then, Grandpa Bender was so impressed with me as a shooter, he would drag me out of the house to plunk pennies off the wooden cover of the cistern to impress the neighbors. When my mother let slip that she, not I, was the greatest marksman in the family, he pooh-poohed the notion.

She missed the first shot from the window of his maroon 1968 Chevy pickup.

"This shoots a little high," she said, coolly. "Oh yeah, I forgot to mention that," Grandpa replied.

The next gopher was a goner. And the next. And the next. And with each successive shot, Grandpa would slap his knee and exclaim, "Golly!" Only the golly was spread out over four or five syllables. Sort of a Gomer Pyle golly.

That's Life

by Tony Bender

Twenty-two shots fired. Twenty-one fresh arrivals in gopher heaven.

Impressive, right? Yes, but, let me tell you about a Philadelphia kid named Joe LaVelle, who I dragged home from college for Easter vacation, promising him a good, old-fashioned gopher hunt.

Joe was maybe 5-6, a curly-headed muscular member of the swim team. He kind of strutted when he walked. I remember his mom worked at the building made famous by Sylvester Stallone when he ran up its steps in "Rocky."

During Joe's stay, we got permission to hunt gophers from Orville Crawford, near Frederick, South Dakota. Orville was one of those guys who would hurt you when you shook his hand. The term meathooks was created with him in mind. If you didn't scream or buckle, you passed Orville's test.

We survived the handshake and went hunting. It was still cool, a little too blustery for a good gopher hunt. I don't remember seeing any, but from atop a hill, Joe spotted a jackrabbit loping along down below, a good hundred yards out. Now, an experienced shooter hitting a moving jackrabbit with a high-powered rifle and a scope would be quite a trick. A greenhorn with a .22 rifle, open sights in that wind at that distance? Crazy... and I told Joe that.

He fired, anyway. And we waited. And waited some more. But, wouldn't you know, that rabbit fell over in mid-stride. We never could find the bullet hole. I remain convinced the old boy picked that exact moment to keel over of a heart attack.

I've looked, but I can't find the picture we took that day of Joe and the rabbit. It is indelible in my memory. There he is, grinning away, holding the stretched out rabbit that was nearly as long as he was tall, somehow still strutting as he stood there.

Joe wanted to eat the damn thing, but cooler heads prevailed.

I lost track of him over the years, but I'll bet Joe LaVelle never fired another shot in his life.

What for? How you gonna top that?

© Tony Bender, 2017

Weekly Vikings Roundup

By Jordan Wright

The Minnesota Vikings are 2-0 this preseason, after defeating the Cleveland Browns 27-12 this past Saturday. Unlike the first preseason game, the Vikings came out firing, scoring 13 points in the first quarter. The Browns never had a lead, and the Vikings never looked back.

Nick Mullens got the bulk of the playing time at quarterback, completing 11 of 21 passes for 135 yards and a touchdown. Jaren Hall took over late and looked good in limited action, completing four of five passes for 87 yards and two touchdowns, including a beautiful throw to Jeshuan Jackson for a 71-yard score.

The Vikings' running game was on point, with Kene Nwangwu leading the way with seven carries for 45 yards. It was the best

he's looked since being drafted in 2021. The Vikings' top two RB spots are locked up, with Aaron Jones 1A and Ty Chandler 1B. Nwangwu has a stronghold on the third spot on the depth chart, especially considering his kick return ability. Myles Gaskin and DeWayne McBride are battling for the last RB spot, and although McBride has the benefit of being a recent draft pick (7th round, 2023), it was Gaskin who has the lead in the competition thanks to a productive day on the ground against the Browns (nine carries for 45 yards).

The Vikings' top two receivers didn't play on Saturday, which gave the rest of the WRs a chance to make their case. Nailor started the game and had an impressive catch for 31 yards, and was quickly pulled from action, which tells me he has the third WR spot locked up. Jashaun Jones led the team with 71 yards, but that might not have been enough to move in front of Trishton Jackson (three catches for 39 yards, one TD, and a team-high four targets), Trent Sherfield Sr. (one catch for 23 yards), and Brandon Powell (two catches for 19 yards).

The bulk of the starters along the offensive line didn't play in this game, except for right guard Ed Ingram, who played a big chunk of the game as the Vikings' coaches try to figure out if he's going to be the week one starter. Luckily for him, his main competition Dalton Risner has been injured and unable to practice much since being re-signed.

Defensively, this was the first time Lewis Cine has looked like someone who belongs in the NFL. Since being a first-round draft pick in 2022, Cine has either been injured or unable to see the field because the coaching staff didn't trust him. On Saturday, Cine led the team with 11 tackles to go along with an interception, a sack, a tackle for a loss, and two QB hits. Besides Cine, undrafted rookie Dwight McGlothorn had another good game, highlighted by an interception he returned for 91 yards. Brian Asamoah had a good game, as well as undrafted rookie Bo Richter.

Now for the bad news

If you missed the news, rookie J.J. McCarthy was injured in the team's first preseason game. The 10th overall pick had surgery this past week to repair a knee injury, and he will miss the entire season. This was a huge blow to a team and fanbase that felt it had finally found a franchise quarterback to build around. Now we will have to wait a year and hope he comes back healthy and ready to lead the team in 2025.

To make matters worse, receiver Jordan Addison was carted off the field during a practice session last week. The team doesn't think the ankle injury will keep him out of the regular season, but it's disheartening, especially with all the other bad news coming out of Minnesota these past few weeks.

In a bit of good news, however, the Vikings signed cornerback Stephon Gilmore. The 33-year-old CB is a five-time Pro Bowler who was named to the AP First-Team All-Pro list in both 2018 and 2019. He was also voted the Defensive Player of the Year in 2019, the first time a cornerback has earned the award since Charles Woodson in 2009. Gilmore rejoins Brian Flores, as the two were with the New England Patriots together. While he may be, without a doubt, the most decorated CB on the roster, he might not have much left in the tank.

Looking ahead, the Vikings travel to Philadelphia to take on the Eagles in the final preseason game of 2024. The game will be on Saturday, August 24 at noon (CT).

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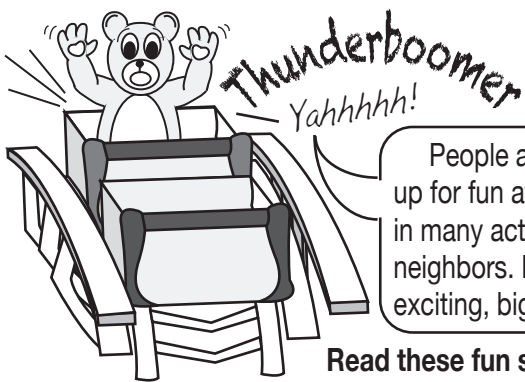
We're going to our state fair.



We love the rides, food and crafts!



Kids: color stuff in!

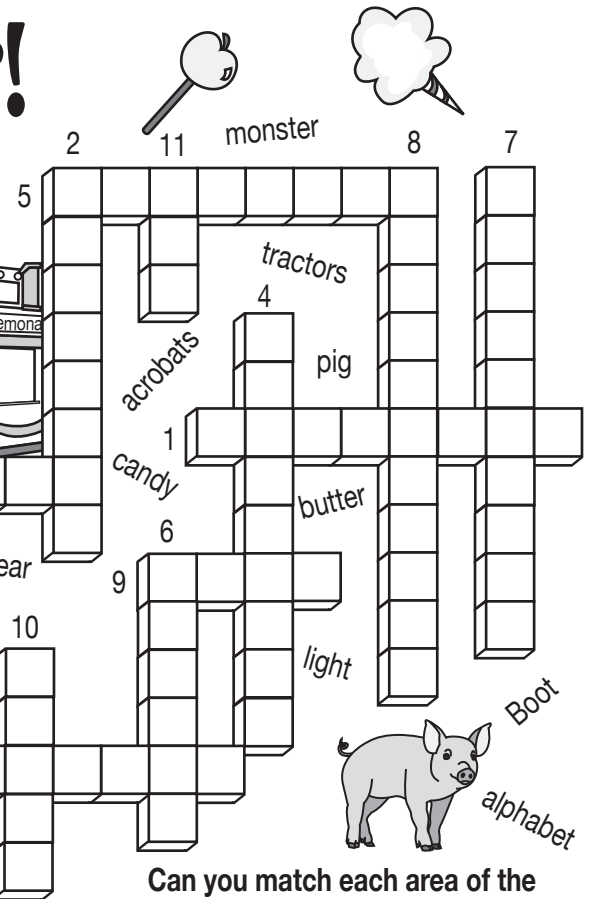
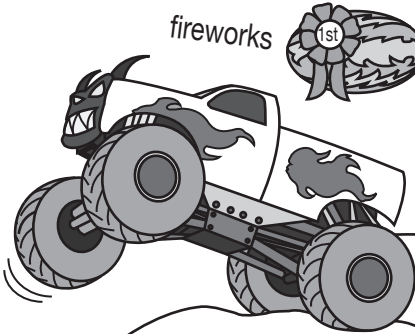
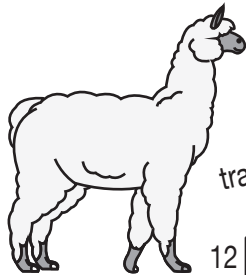
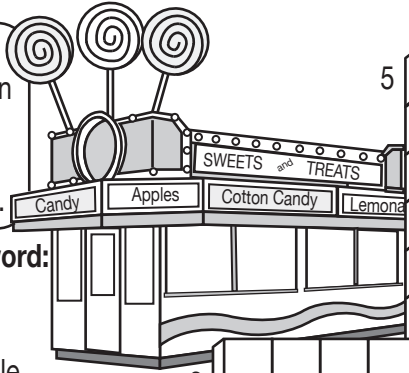


Let's Go to the Fair!

People all over the country are gearing up for fun at a fair! At town fairs you can join in many activities with your friends and neighbors. Large county or state fairs have exciting, big midways, exhibits and crowds.

Read these fun state clues to fill in the crossword:

1. *Washington* – visit the Hobby Hall to see crafts, collections and displays; kids can pedal mini _____ through a maze
2. *Kentucky* – entertains with _____, illusionists, musicians and stunt people
3. *Indiana* – see the “best” in the state; basketball, sports, a _____ show, and livestock competitions
4. *New Jersey* – lots of games, rides, a circus and _____
5. *Minnesota* – visit the _____ village, where kids can add their own word to a special dictionary
6. *Ohio* – first to have Butter Cows – it takes over 2,200 pounds of _____ to make them; kayak pond and kids’ fishing pond
7. *North Carolina* – visit the Village of _____, where people make arts and crafts in past styles
8. *New England’s Big E* – _____ American buildings house crafts, products and treats from the six New England states: Maine lobsters, Vermont maple syrup, Rhode Island clams...
9. *Iowa* – glassblowing, Cowboy _____ Camp, over 60 different snacks on a stick
10. *California* – _____ area with photo stations; monster trucks
11. *Texas* – hosts _____ races; a rodeo, marionettes (puppets) and stunt dogs
12. *Colorado* – rodeo, _____ trucks, colored Stomp Lights



Can you match each area of the fairgrounds to the events there?

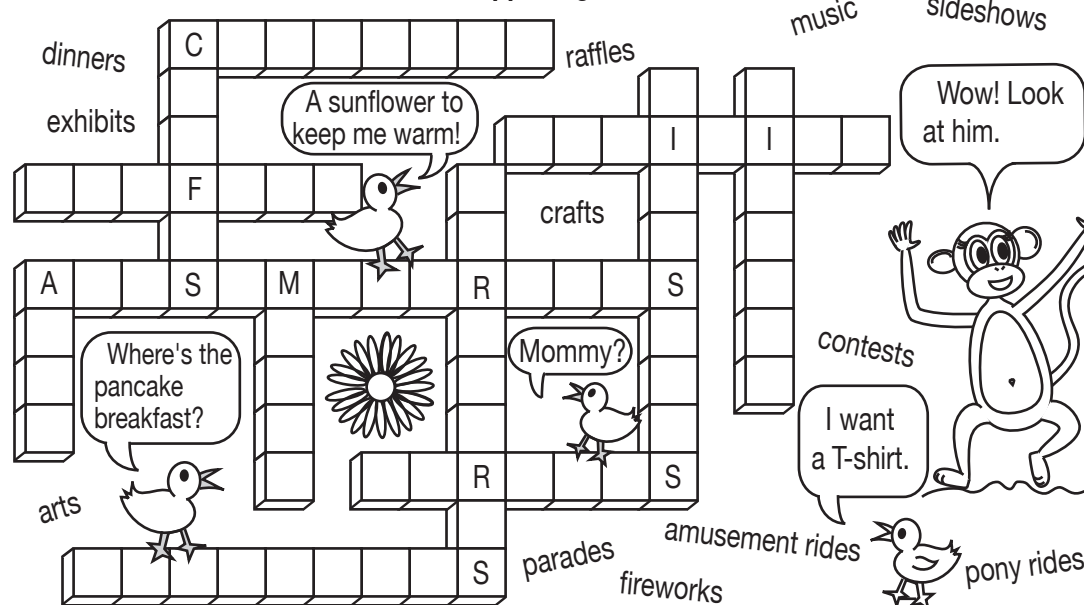
1. midway
2. barn
3. food court
4. petting zoo
5. race track

- A. where animals sleep and eat
- B. to buy snacks, dinner
- C. game booths, rides
- D. monster trucks, fast cars
- E. children pet and feed animals

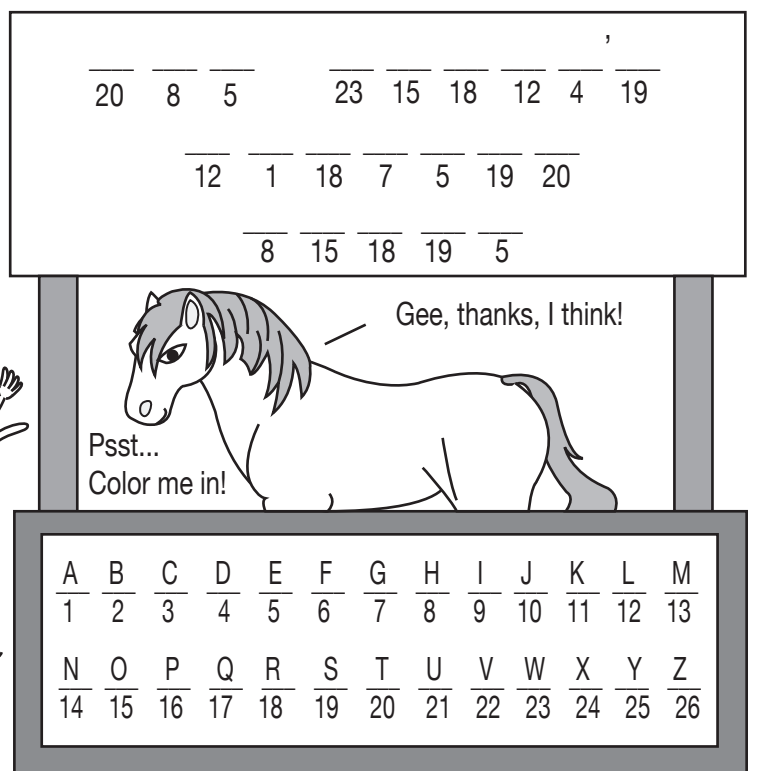
Something for Everyone!

Fairs have something for all ages. Some people enter their livestock or produce into contests to be judged. People learn more about community groups by viewing their displays. Many people love the parades or fireworks! What is your favorite activity?

Fill in the crossword with all the cool happenings at the fair.



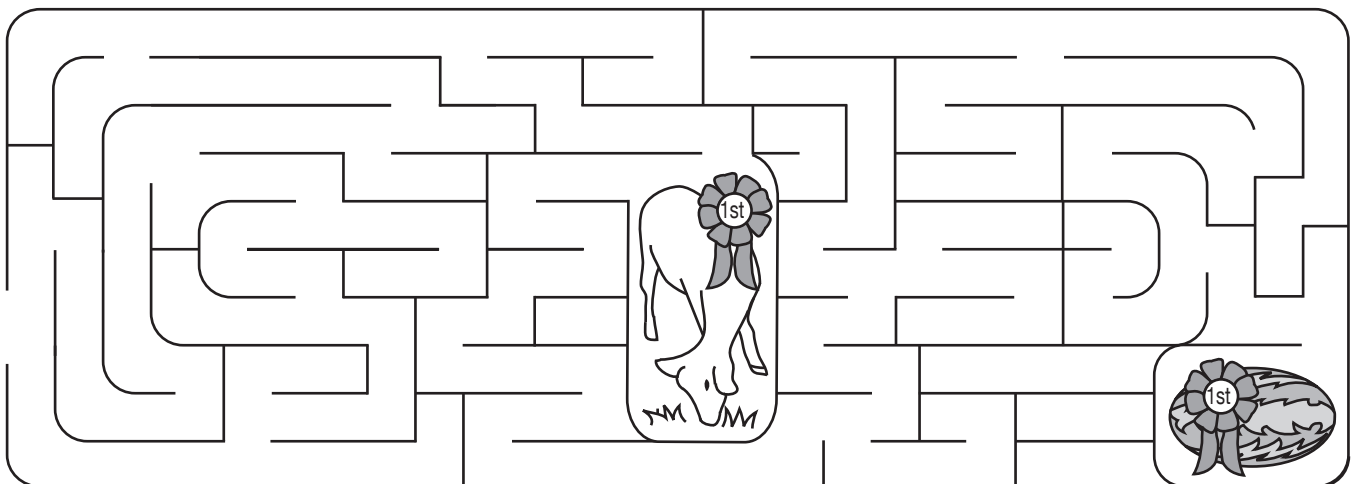
What is this amazing sideshow at the fair? To find out, fill in the letters that match the numbers below:



Blue Ribbon Winners!

I'm so proud of my cousin. He won a blue ribbon today. I'm going to visit him first and then check out the prize-winning watermelon!

Can you help me find my way?



The Life of Arnold Bahr



Services for Arnold Bahr, 81, of Groton will be 11:00 a.m., Friday, August 23rd at St. Paul's Lutheran Church, Ferney. Rev. Larry Johnson will officiate. Burial will follow in St. Paul's Cemetery under the direction of Paetznick-Garness Funeral Chapel, Groton.

Visitation will be held at the church for two hours prior to services on Friday.

Arnie passed away August 19, 2024 at Prairie Heights Healthcare in Aberdeen.

Arnold Albert Bahr was born on February 11, 1943 at home near Groton to Albert R. and Elda C. (Sombke) Bahr. He was baptized and confirmed at St. Paul's Lutheran Church in Ferney. Arnie attended and graduated from Groton High School in 1961. Following graduation, Arnie farmed on the family homestead; a homestead that has been in the family before South Dakota became a state. Arnold was the clerk for the Hanson Township for many years. He had many interests and hobbies, including hunting, bowling, snowmobiling and dancing. Arnie was also instrumental in building Olive Grove Golf Course. On March 6, 2009, he was united in marriage with Beverly A. (Lembke) Brehmer and together they enjoyed traveling.

Arnold was a lifelong member of St. Paul's Lutheran Church in Ferney. He was active in many areas of the church, including building the present church building.

Celebrating his life is his wife, Beverly, his brothers-in-law, James Dobberpuhl of Aberdeen, Walter Lembke of West Bend, WI, a sister-in-law, Eleanor Janichek of Hartford, WI and many nieces, nephews and cousins.

Preceding him in death were his parents, his sister Belva Dobberpuhl and brother, Wallace Bahr.

Honorary Casketbearers will be nephews of Arnold and Beverly.

Casketbearers will be Dan Schinkel, Tom Paepke, Cody Lindgren, Craig Dunker, Steve Dunker and Charlie Dirks.

The Life of Marlys Torgerson



Marlys Torgerson, 85, of Sioux Falls, South Dakota passed away on Friday, August 16, 2024, at Avera McKennan Hospital in Sioux Falls. Funeral services will be 1:00 p.m., Thursday, August 22, 2024, at East Side Lutheran Church in Sioux Falls. Visitation will be from 12:00 p.m. until the time of service at church. George Boom Funeral Home has been entrusted with arrangements. An online guestbook is available at www.georgeboom.com

Marlys L. Thorstensen was born May 24, 1939 on the William and Lela Boom farm at rural Dalesburg, South Dakota. She was the second daughter of Theodore and Mable (Boom) Thorstensen.

As an infant, Marlys was baptized into the Lutheran faith, but attended the Nazarene Churches until adulthood when she was confirmed at Hope Lutheran Church in Sioux Falls on December 22, 1963.

Marlys grew up on various farms west of Irene, South Dakota and attended country school at Plainview #32 for seven years.

After her father's death in 1952, the family moved to Viborg, South Dakota.

In 1957 Marlys was united in marriage to Edwin Stratmeyer. To this union two children were born: Debbie and Darrell.

In 1962 Marlys married Myron Torgerson at the First Lutheran Chapel in Sioux Falls. To this union three children were born: Eugene, Nancy, and Monty.

In 1970 the family moved to Groton, South Dakota where they lived for 25 years.

Ever since Marlys was 14 years old, she worked in various cafes, nursing homes, and many years under different managers at the Groton Legion Lounge.

In 1982 she took care of her mother until her passing on October 31, 1982. Marlys continued working in Home Health Care until 1989 when she fell and became disabled.

In 1995 Marlys moved to Baltic, South Dakota and in 2000 moved back to Sioux Falls.

Marlys was a past member of the Rebekah's of Groton and the Moose Lodge of Aberdeen, South Dakota since 1973. She also played baseball and belonged to bowling leagues in her younger years.

Marlys is survived by her children, Debra (Jack) Stansbury of Sioux Falls, Darrell Schuur of Sioux Falls, Eugene Torgerson of Sioux Falls, Nancy (Leon) Bartscher of Sioux Falls, and Monty (Kris) Torgerson of Tea; grandchildren, Tori (Andrew) Marco, Chrystal (John) Sheaff, Mallory (Jason Stiles) Kellar, Ben Kellar, Kortney Torgerson, and Seth Torgerson; great grandchildren, Jordan Peters, Gavin Marco, and Brooklyn Sheaff; and a host of extended family.

She was preceded in death by her parents, Theodore and Mable; sisters, Gloria Fenken and Marilyn Gregoire; and niece, Cindy Carruth.



The board of trustees for the town of Claremont met on 8/13/2024 at city hall at 8p.m.. President Spencer called the meeting to order with trustees Rasmussen and Thompson present. The minutes of the previous meeting were read. On a motion by Thompson and seconded by Rasmussen approved. On a motion by Thompson and seconded by Rasmussen the following warrants were approved. JVT, phone, internet, phone, 140.18;Northwestern, street lights, 374.90; Northwestern city hall, city hall,110.93; GDI, publishing, 41.67; Full Circle Ag, propane, 102.63;Jason Spencer, mower gas, 93.10; Robert Thompson,nuts and bolts for street signs, 12.49; Fire Safety First, fire extinguishers, 26.00; post office, stamps, 73.00; Missi Smith, 14 hrs. Moving, 391.58; Charla Rye, wage, 500.00; Br. Co. Treasurer, mosquito spraying, 713.64; WWW: Northwestern , pump house, 51.72; North-western, lift station, 69.44; Northwestern, storm sewer, 23.15; BDM, purchased water, 1093.35; Corporate Trust, US Bank, debt Service+Int., 6003.56; Dakota Pump +Control, service call, 1124.49; SD Also., annual dues,385.00; Dan, Enviromental fee,60.0; Rural Development, water loan, 576.00; Letters will be sent to residents with vehicles (cars and trucks, etc.) Lawns needing to be moved and junk+ trash collecting in yard. With no further business before the board a motion was made to adjourn by Thompson seconded by Rasmussen. Motion carried.

Respectfully Submitted,
C. Rye F.O.
Published August 21, 2024, at the total approximate cost of \$15.18 and may be viewed free of charge at www.sdpublicnotices.com. 23617

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Weekly SUDOKU by Linda Thistle

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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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King Crossword

ACROSS

- 1 Apt. coolers
- 4 Fishing rod
- 8 Choir voice
- 12 New Deal agcy.
- 13 "Zounds!"
- 14 Chiefs coach Andy
- 15 Boring types
- 17 Tear
- 18 Bad habit
- 19 Woodland walks
- 20 Computer problem
- 22 Swedish auto
- 24 Spartan queen
- 25 Dijon prod-ucts
- 29 Tokyo's his-toric name
- 30 Quick looks
- 31 Hasten
- 32 Sends on, as an email
- 34 Kick back
- 35 Bee's home
- 36 Comic Hedberg
- 37 Suitor
- 40 Shakespeare villain
- 41 Reedy
- 42 Birds of prey
- 46 Queue
- 47 Yankee nick-name
- 48 Debtor's let-ters

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- 9 Onion relative
- 10 Fork part
- 11 Probability
- 16 Kudrow of "Friends"
- 19 Millinery
- 20 Staff symbol
- 21 Decorate anew
- 22 Soft leather
- 23 Requests
- 25 TV mogul Griffin
- 26 Art of speak-ing
- 27 Platter
- 28 Third son
- 30 Ache
- 33 Bellyaches
- 34 Latvia's capi-tal
- 36 Tribute maker
- 37 Normandy battle site
- 38 Use an egg-beater
- 39 "— She Sweet"
- 40 Sport shirt brand
- 42 Cote cry
- 43 Internet address
- 44 Scooby- —
- 45 Heat source

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AUGUST 13, 2024 – 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, Gage, Sutton, and Wiese. Commissioner Gage led the Pledge of Allegiance.

APPROVAL OF AGENDA: Commissioner Sutton shared we had an addition to the agenda: Updated Promo List for the Brown County Fair. Moved by Commissioner Wiese to approve the agenda with the addition of the updated Promo List for the Brown County Fair, seconded by Gage. All members present voting aye. Motion carried.

OPPORTUNITY FOR PUBLIC COMMENT: None

PUBLIC HEARING – ALCOHOLIC BEVERAGE TEMPORARY PERMIT FOR SPECIAL EVENT: Moved by Commissioner Wiese, seconded by Fjeldheim to approve the following Alcoholic Beverage Temporary Permit in conjunction with a Special Event for Malt Beverage License to SPURS Therapeutic Riding Center, Aberdeen, SD – SPURS 2nd Addition – NW ¼ of Sec 6-T123N-R63W, Brown County, SD; effective September 14, 2024. All members present voting aye. Motion carried.

PUBLIC HEARING FOR MALT BEVERAGE LICENSE TRANSFERS: Mariah Bloom, Attorney for Doeden Investment Group and Bill Ochs addressed the Brown County Commission regarding the transferring of the Malt Beverage Licenses from Stacy Gossman to County Line Developers. They have some concerns about the location of these licenses and the vicinity to the city of Aberdeen and the businesses located within the city. They feel by allowing this the County Commission is discrediting those that have a license from the City of Aberdeen and feels there should be a radius around the city of Aberdeen that County Licenses are not allowed. Maria Bloom also mentioned the land is undeveloped and feels there are safety and traffic concerns regarding the access points to this property and feels it is appropriate. Chairman Sutton shared that the County cannot dictate what the City of Aberdeen has for rules, County follows the SD Codified Laws and there is not limit on Malt Beverage Licenses within the County. Commissioner Wiese also reiterated that the rules when it comes to liquor licenses within city limits and outside city limits are established by the State; for Malt Beverage there is no limit by State Law and each Malt Beverage license can have up to 10 Video Lottery machines. Commissioner Wiese added the denial of a liquor license is at the original application or renewal based on ownership and management not properly following State Laws. Stacy Gossman commented that the County Commission is not at fault for anything; no one was here to object when I applied for the licenses and if you want to blame anyone blame the City Council – the county and city have to meet somewhere, and it just happens to be on my property. Nate Kessler, who was in attendance on behalf of Lamont Companies, they did reach out to Stacy to see what his plans were, Lamont Companies have 6-7 liquor licenses so concerned that theirs will depreciate in value and concerns where the line is drawn between the city and county and don't feel it's the right thing to do but they are reading the law and doing what is best for them but would like to see the County do something so this doesn't happen again. Chairman Sutton shared that the City of Aberdeen did reach out and asked the County to limit their Malt Beverage and Video Lottery licenses within a certain radius of Aberdeen, but they haven't had a discussion on it because it is revenue for the County but after today, we will take this into consideration. Commissioner Wiese commented that without Home Rule Charter – local entities (Cities, Counties) are only allowed to do what State Law says they can do. Chad Lyke with Doeden Investment Group shared that it was offered to them to purchase the licenses, but they declined because of what would happen

with the city licenses because we have numerous ones as well. Chairman Sutton stated that we understand there is opposition to this, but we are merely doing today is transferring the ownership of these licenses from one entity to another entity; they were approved and issued late last year with no opposition and now it is just a matter of transferring – what they city does as far as annexation is up to the City Council and believes that the City of Aberdeen is already over in the number of licenses they can legally have based on population so that may enter into their decision but can't speak for them. Commissioner Dennert mentioned that maybe this needs to be done later since the property to the West of Town is zoned as Mini-Ag not Commercial, so feels that should go through the Zoning process first, so I will not support those being transferred to that location until it goes through the Zoning Board first. After further discussion, transferring ownership only at this time at the current location and not approving updating locations since it is not zoned as Highway Commercial at this time.

Moved by Commissioner Gage, seconded by Wiese to approve transfer of Ownership Only for Retail (On-Off Sale) Malt Beverage & SD Farm Wine license from Stacy Gossman DBA: Bergzy to County Line Developers, LLC DBA: County Line Club located at 2520 8th Ave. NE - Lt 1 Ronnie's Way Addition, Ste. E, NW ¼ of Sec 17-T123-R63 of 5th P.M. Brown County, SD. All members present voting aye. Motion carried.

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Moved by Commissioner Gage, seconded by Wiese to approve transfer of Ownership Only for Retail (On-Off Sale) Malt Beverage & SD Farm Wine license from Stacy Gossman DBA: Caponez to County Line Developers, LLC DBA: County Line Club located at 2520 8th Ave. NE - Lt 1 Ronnie's Way Addition, Ste. D, NW ¼ of Sec 17-T123-R63 of 5th P.M. Brown County, SD. All members present voting aye. Motion carried.

Moved by Commissioner Gage, seconded by Wiese to approve transfer of Ownership Only for Retail (On-Off Sale) Malt Beverage & SD Farm Wine license from Stacy Gossman DBA: BigZ to County Line Developers, LLC DBA: County Line Club located at 2520 8th Ave. NE - Lt 1 Ronnie's Way Addition, Ste. E, NW ¼ of Sec 17-T123-R63 of 5th P.M. Brown County, SD. All members present voting aye. Motion carried.

Moved by Commissioner Wiese, seconded by Fjeldheim to approve transfer of Ownership Only for Retail (On-Off Sale) Malt Beverage & SD Farm Wine license from Stacy Gossman DBA: Annie's to County Line Developers, LLC DBA: County Line Club located at 2520 8th Ave. NE - Lt 1 Ronnie's Way Addition, Ste. C, NW ¼ of Sec 17-T123-R63 of 5th P.M. Brown County, SD. All members present voting aye. Motion carried.

Moved by Commissioner Fjeldheim, seconded by Wiese to approve transfer of Ownership Only for Retail (On-Off Sale) Malt Beverage & SD Farm Wine license from Stacy Gossman DBA: Ollie's to County Line Developers, LLC DBA: County Line Club located at 2520 8th Ave. NE - Lt 1 Ronnie's Way Addition, Ste. B, NW ¼ of Sec 17-T123-R63 of 5th P.M. Brown County, SD. All members present voting aye. Motion carried.

PUBLIC HEARING FOR SALE OF ALCOHOLIC BEVERAGES: Moved by Commissioner Wiese, seconded by Dennert to deny the application for Package (Off-Sale) Liquor at 2035 8th NW, Ste. 4 – Lt. 1-2, NE ¼ of Sec 15-T123-R64 of 5th P.M., Brown County, SD due to not being zoned for Commercial at this time. All members present voting aye. Motion carried.

Moved by Commissioner Fjeldheim, seconded by Gage to approve the application for Package (Off-Sale) Liquor at 2520 8th Ave. NE, Ste. 4 – Lt. 1 Ronnie's Way Addition, NW ¼ of Sec 17-T123-R63 of 5th P.M., Brown County, SD. All members present voting aye. Motion carried.

ORDINANCE #275 - FIRST READING: Moved by Commissioner Wiese, seconded by Fjeldheim to approve the First Reading of Proposed Ordinance #275. Applicant Nicole Kempf to rezone from Agriculture Preservation District (AG-P) to Mini-Agriculture District (M-AG) to bring this parcel into compliance for its future use: Proposed Lot 1, "Palmyra Farmhouse Second Addition" in the SW1/4 of Section 18-T128N-R65W of the 5th P.M., Brown County, South Dakota (10260 373rd Avenue, Palmyra Twp.). All members present voting aye. Motion carried.

BROWN COUNTY FAIR PROMO LIST UPDATED: Moved by Commissioner Dennert, seconded by Wiese to approve the updated Brown County Fair Promo List. All members present voting aye. Motion carried. (Full list is on file at the Brown County Fair Office)

MINUTES: Moved by Commissioner Wiese, seconded by Gage to approve the General Meeting Minutes of August 6, 2024. All members present voting aye. Motion carried.

CLAIMS/PAYROLL: Moved by Commissioner Fjeldheim, seconded by Dennert to approve the following claims/payroll: Claims: Professional Fees: Angerhofer Slab Jacking \$204.08; Birmingham & Cwach Law Offices \$299.00; Boyce Law Firm \$390.00; Brown County Treasurer \$26.70; Certified Languages International LLC \$1,188.00; Language Line Services \$453.67; LexisNexis Risk Data Mgt \$200.00; Lincoln Co. Auditor \$36.67; Northeastern Mental Health Center \$884.00; Sanford Health \$2,369.00; Satellite Tracking of People \$1,742.00; SD Department of Revenue \$2,527.06; Professional Rodeo Cowboys Association \$1,200.00; TMS Production Integration \$39,940.00; Christy Griffin-Serr Law Office \$23,042.50; Yankton County Treasurer \$156.50; Zylstra Investigations \$1,570.00. Publishing: Groton Daily Independent \$219.16. Rentals: Dakota Electronics \$75.00. Repairs & Maintenance: Aberdeen Chrysler Center \$1,223.74; ASTECH Corp \$1,768,046.80; Dakota Electronics \$115.00; Diesel Machinery Inc \$22.00; Ecolab Pest Elimination Division \$118.47; Graham Tire Inc \$43.66; HG Jacobs & Son Const. Inc \$3.88; Hoven Auto Repair \$12.00; K&S Plumbing \$204.48; Lawson Products \$14.49; Pantorium Cleaners \$189.32; Pierson Ford Lincoln Inc \$757.40; Premier Auto \$387.49; RDO Equipment \$30,502.73; Safety Service \$459.93; Scott Demery \$812.09; Steven Lust Automotive \$223.69; Transource Truck & Equipment \$11,254.13. Supplies: Aberdeen Chrysler Center \$448.75; Agtegra \$68,596.86; Amazon Capital Services Inc \$1,242.51; Angerhofer Slab Jacking \$153.06; Artz Equipment Inc \$25.72; Auto Value Aberdeen \$95.89; Avera LTC Pharmacy \$32.94; Birmingham & Cwach Law Offices \$6.46; Butler Machinery \$1,668.23; Cartney Bearing \$74.65; Century Business Products \$415.20; Convergent Technologies LLC \$1,192.19; Dakota Electronics \$207.00; Dakota Fluid Power Inc \$2,565.37; Dakota Oil \$1,399.10; Dakota Supply Group \$49.16; Diesel Machinery Inc \$766.38; Farm Power MFG \$302.23; Fastenal Company \$334.30; FedEx \$54.66; Geffdog Designs \$152.92; HG Jacobs & Son Const. Inc \$2,243.83; Hoven Auto Repair \$42.00; Interstate Battery System of South Dakota \$434.85; Jensen Rock & Sand Inc \$127,031.15; JGE Inc \$160.87; Ken's SuperFair Foods \$103.25; Kessler's \$208.45; Lawson Products \$153.22; Leidholdt Tool Sales \$47.19; Lien Transportation \$202,117.25; Linde Gas & Equipment \$223.95; M&T Fire & Safety \$1,268.89; Mac's Inc \$298.14; Menards \$84.43; Midstates Group \$182.29; Napa Central \$271.51; Nelson Sales & Service \$58.56; Pantorium Cleaners \$32.00; PharChem Inc \$720.90; Pierson Ford Lincoln Inc \$36.00; Pro Ag Supply \$416.16; Quality Welding Inc \$266.56; RDO Equipment \$511.29; Runnings \$1,251.54; Sander's Sew N Vac \$59.98; Steven Lust Automotive \$44.95; Transource Truck & Equipment \$10,736.50. Travel & Conference: SD Assoc of Assessing Offices \$100.00. Utilities: AT&T Mobility \$43.23; City of Aberdeen \$2,087.48; Economy Propane \$171.57; Northern Electric \$93.50; Northwestern Energy \$298.07; Town of Frederick \$77.00; Verizon Wireless \$40.07. Other: Brown County Clerk of Courts \$845.05; Brown County Treasurer \$3,940.21; SD Assoc. of County Officials \$962.00; SD Department of Revenue \$865,643.89; SD State Treasurer-UPC \$5,270.14; Wex

Health \$4,000.00.

Payroll: Commission \$4,753.89; Elections \$1,834.40; Auditor \$9,850.83; Treasurer \$17,265.65; SA \$33,308.52; Maintenance \$11,607.07; Assessor \$15,370.27; Register of Deeds \$10,406.83; VSO \$4,491.55; GIS \$2,790.90; IT \$9,172.67; HR \$4,960.63; Sheriff \$51,563.03; Jail \$62,863.60; Coroner \$1,255.57; Court Security \$8,533.98; JDC \$34,766.25; Welfare \$2,466.75; Museum \$15,556.26; Parks/Fairgrounds \$7,961.91; Fair Board \$6,841.28; 4-H \$1,927.63; Weed \$5,780.80; Planning & Zoning \$7,635.85; Highway \$58,869.73; Dispatch \$34,199.17; Emergency \$5,208.67; 24/7 Sobriety \$3,079.55; Landfill \$17,402.61; Meal Benefits \$14.00; FICA \$26,789.40; Medicare \$6,265.27; Discovery-HSA \$2,369.15. All members present voting aye. Motion carried.

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

- Hiring of Orin Fischer as Brown County Jail Cook, FT; starting wage \$17.47/hr. – effective August 6, 2024.
- Hiring of Jacob Kump as Brown County Jail Detention Officer; FT; starting wage \$21.29/hr. – effective August 12, 2024.
- Hiring of Milton David Gonzalez and Joshua Eddy as Brown County Jail Detention Officer; FT; starting wage \$21.29/hr. – effective August 19, 2024.
- Hiring of Trajan LaRocque as Brown County 911 Communications Officer, FT; starting wage \$22.37/hr. – effective August 19, 2024.
- Transfer of Keith Baker from Brown County Sheriff Department Sergeant to Brown County Jail Administrator – moving from hourly to salary; \$2,790.89/ pay period – effective August 19, 2024.
- Hiring of Janel Hettich as Auditor Consultant on an as needed basis for training purposes for an agreed upon rate of \$20.00/hr. – effective August 13, 2024.
- Temporary 2024 Brown County Fair Workers August 12 – 18, 2024:

- Gatekeepers
- Kevin Price at \$12.25/hr.

All members present voting aye. Motion carried.

TRAVEL REQUESTS: Moved by Commissioner Fjeldheim, seconded by Wiese to approve the following Travel Requests: Dirk Rogers, Highway Superintendent to attend LTAP Advisory Board & Highway Superintendent Certification on August 13-14, 2024 in Pierre, SD; Lynn Zacher with Brown County Sheriff's Office to attend NICS (SD Agency conducting Firearm Permit) on September 6, 2024 in Sioux Falls, SD. All members present voting aye. Motion carried.

LEASE AGREEMENTS: Moved by Commissioner Wiese, seconded by Gage to approve and authorize Chairman Sutton to sign the following Lease Agreements: Watertown Human Service Agency to lease the Richmond Lake Lodge & Dorms on August 21-23, 2024; Denise Dutenhoffer to lease the Akkerman Open Horse Arena on September 7, 2024 for 9th Annual Spotted Pride Appaloosa Horse Show. All members present voting aye. Motion carried.

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

EXECUTIVE SESSION: Moved by Commissioner Wiese, seconded by Dennert to go into Executive Session for Contracts per SDCL 1-25-2. All members present voting aye. Motion carried. The chair declared the executive session closed with no action taken.

OTHER BUSINESS: Judy Dosch, Building Superintendent shared that we she needs a structural engineer to come in regarding some scaffolding they need to use but need to see if the flat portion of our roof can hold all the weight so they need to come in and scan it which will cost roughly \$4,300.00 and then contacted IMEG with structural engineering for limitations and that will cost roughly \$7,800.00. Commissioner Wiese shared that the structure is fine but around the dome we just need to know that it can hold the weight to do the work; good to be cautious. We will put it on the agenda next week for official approval.

Commissioner Wiese shared that it is Brown County Fair Week and invited people to come out and enjoy.

ADJOURNMENT: Moved by Commissioner Wiese, seconded by Fjeldheim to adjourn the Brown County Commission at 10:00 a.m. All members present voting aye. Motion carried.

Lynn Heupel, Brown County Auditor

Published August 21, 2024, at the total approximate cost of \$156.73 and may be viewed free of charge at www.sdpublicnotices.com. 23613



ADOPTION OF PROVISIONAL BUDGET FOR BROWN COUNTY, SOUTH DAKOTA

NOTICE IS HEREBY GIVEN: That the Board of County Commissioners of Brown County, will meet in the Courthouse at 25 Market St., Aberdeen South Dakota on Tuesday, September 3, 2024, at 8:45 a.m. for the purpose of considering the Provisional Budget for the year 2025 and the various items, schedules, amounts and appropriations set forth therein and as many days thereafter as is deemed necessary until the final adoption of the budget on the 24th day of September 2024. At such time any interested person may appear either in person or by a representative and will be given an opportunity for a full and complete discussion of all purposes, objectives, items, schedules, appropriations, estimates, amounts, and matters set forth and contained in the Provisional Budget.

Lynn Heupel, Auditor
Brown County South Dakota
Published August 21 and 28, 2024, at the total approximate cost of \$20.42 and may be viewed free of charge at www.sdpublicnotices.com. 23614



NOTICE OF HEARING ON PETITION FOR VACATION OF PUBLIC ROADWAY

Notice is hereby given that a Petition requesting that certain public roadways be vacated in Ordway Township, Brown County, South Dakota, pursuant to SDCL 31-3-6, as hereinafter specifically described has been received by the Board of Supervisors of Ordway Township; that the Petition may be examined by contacting the Clerk of the Township at the address indicated below; that the specific description of the property being requested to be vacated is:

That the existing public right-of-way which includes the statutory right-of-way and any right-of-way acquired by deed(s) lying as follows:

Roadway #1: Running north and south commonly known as 390th Avenue, bordered by 126th Street on the south end and 124th Street on the north end and located between Section Four and Five and Section Eight and Nine, Township 124 North of Range 63 West of the 5th P.M., Brown County, South Dakota. That said public right of way is approximately Sixty-Six (66) feet wide and Ten Thousand Five-Hundred Sixty (10,560) feet in length.

Roadway #2: Running east and west commonly known as 125th Street, bordered by 390th Avenue on the west end and 391st Ave on the east end and located between Section Four and Section Nine, Township 124 North of Range 63 West of the 5th P.M., Brown County, South Dakota. That said public right of way is approximately Sixty-Six (66) feet wide and Five Thousand Two-Hundred Eighty (5280) feet in length.

Therefore, notice is hereby given that the Board of Supervisors of Ordway Township will hold a public hearing to consider the vacation of the above-described public roadways; that such meeting will be held on the 5th day of September, 2024 at 7:00 o'clock P.M. at Kippley Group's Office located at 215 5th Ave. NW, Aberdeen, South Dakota 57401.

That any person interested in the proposed action may be present at said date and time and present their information, opinions, and/or arguments relative to the proposed action. Any person(s) unable to attend this meeting may deliver their written opinion for consideration by the Board of Supervisors. Such testimony should be delivered prior to the date and time of the scheduled hearing by mailing or delivering the opinion to: Mike McHugh, Clerk of Ordway Township, 12627 393rd Avenue, Aberdeen, South Dakota 57401.

Published August 21 and 28, 2024, at the total approximate cost of \$25.38 and may be viewed free of charge at www.sdpublicnotices.com. 23616



STATE OF SOUTH DAKOTA COUNTY OF BROWN IN CIRCUIT COURT FIFTH JUDICIAL CIRCUIT GERRY LEE BARTZ, Plaintiff 06DIV. 24-24

-vs- SUMMONS

OMAIRA DEJESUS MOLINA BELANDRIA, a/k/a, OMAIRA DEJESUS MOLINA VELANDRIA, Defendant.

TO THE ABOVE-NAMED DEFENDANT:

YOU ARE HEREBY SUMMONED and required to serve upon the attorney for the Plaintiff, Scott T. Kuck, whose address is 14 2nd Avenue S.E., Aberdeen, South Dakota 57401, an answer to the Verified Complaint, which was on the 2nd day of April, 2024, filed in the office of the clerk of the Circuit Court of the Fifth Judicial Circuit at Aberdeen in and for the County of Brown, State of South Dakota, within thirty (30) days from the date of the service of this Summons upon you, exclusive of the day of such service. IF YOU FAIL TO DO SO, judgment by default may be rendered against you as requested in Plaintiff's Complaint sixty (60) days after the completed service of the Summons.

NOTICE OF TEMPORARY RESTRAINING ORDER PROVISIONS

.. South Dakota law provides that upon the filing and service of the Summons and Complaint on the Defendant, a Temporary Restraining Order shall be in effect against both parties until the final decree of divorce is entered or until further order of the court.

TEMPORARY RESTRAINING ORDER

PER SDCL 25-4-33.1, BY ORDER OF THE COURT, YOU AND YOUR SPOUSE ARE:

1. Restrained from transferring, encumbering, concealing or in any way dissipating or disposing of assets, without the written consent of the other party or an order of the court, except as may be necessary in the usual course of business or for the necessities of life. You are to notify the other party of any proposed extraordinary expenditures and to account to the court for all extraordinary expenditures made after the temporary restraining order is in effect.

2. Restrained from molesting or disturbing the peace of the other party.

3. Restrained from removing any minor child of the parties from the state without the written consent of the other party or an order of the court; and

4. Restrained from making changes to any insurance coverage for the parties or any child of the parties without the written consent of the other party or an order of the court unless the change under the applicable insurance coverage increases the benefits, adds additional property, persons, or perils to be covered, or is required by the insurer or the law.

IF EITHER PARTY VIOLATES ANY OF THESE PROVISIONS, THAT PARTY MAY BE IN CONTEMPT OF COURT.

Dated this 9th day of August, 2024.

KUCK LAW OFFICE
By: /s/ Scott T. Kuck
Scott T. Kuck
14 2nd Ave. S.E.
Aberdeen, SD 57401
(605) 225-5891

Published August 14, 21, 28 and Sept. 4, 2024, at the total approximate cost of \$110.50 and may be viewed free of charge at www.sdpublicnotices.com. 23601



UNOFFICIAL PROCEEDINGS OF BOARD OF EDUCATION
GROTON AREA SCHOOL DISTRICT NO. 06-6
REGULAR MEETING
August 12, 2024
Vice President Strom called the meeting to order at 7:00 p.m. in the GHS Library Conference Room. Members present: Strom, Fliehs, Gengerke, Harder, and Weismantel. Absent: Lerseth-Fliehs, and Rix. Others present were Supt. J. Schwan, Principal B. Schwan, Principal Edwards, and Business Manager Hubsch.

Moved by Weismantel, second Harder to approve the amended agenda with the addition of amending cheer coaching agreements for Aubray Miller and Madisen Bjerke, approve assignment changes for Alison Tinnvereim and Jennifer Kunze, and approve open enrollment intent to return #25-01. Motion carried.

Pursuant to SDCL 23-3, no potential conflict disclosure was reported.

Moved by Gengerke, second Fliehs to approve consent agenda items July 8, 2024 and July 29, 2024 minutes, July 2024 District Bills, 2024 annual transportation report, open enrollment applications #25-16, #25-17. Motion carried.

GENERAL FUND: Net Salary – 285,991.56; Benefits-74,136.69; Aberdeen Awards – awards, 30.00; Aberdeen Lawn Care – fertilizer/weed control, 675.00; Advanced Auto Parts – oil filters, 93.45; Allied Climate Professionals – repairs, 7,153.08; Amazon – various supplies, 2,342.43; Avera St Lukes – Athletic Training, 12,001.05; Matt Baumgartner – background check reimb, 43.25; Blick Art – art supplies, 598.81; Cole Papers – janitor supplies/ copy paper, 8,314.81; Connecting Point – repairs, 404.50; Custodial Fund – advanced payments, 57,499.00; Dependable Sanitation – garbage, 1,287.00; Diamond Dry Cleaning – music uniforms, 287.00; Eric Armin – Title supplies, 261.20; Flinn Scientific – chemicals, 186.35; Follett School Solutions – library software, 1,927.62; Greg’s Repair – tire repair, 562.32; Groton Chiropractic – DOT Physical, 100.00;

Groton Daily Independent – legal printing, 184.83; Joel Guthmiller – coaching course, 55.00; Hauff Mid-America – Sports supplies, 185.08; Hillyard – janitor supply, 6,381.45; House of Glass – repairs, 143.41; Jake Kneeland – inservice speaker, 1,400.00; John Deere Financial – parts/ repairs, 1,679.10; Jones School Supply – office supply, 90.00; Aubray Miller – cheer bows, 102.80; Nasco – classroom supplies, 170.36; Northland Auto – repairs, 416.22; Northside Implement – repairs, 7,289.14; Northwestern Energy – utilities, 794.35; Kristi Peterson – year-book supply reimb, 69.13; Petty Cash, Kristi Peterson – Sunshine Club, 80.00; Really Good Stuff – supplies, 229.89; Riddell – football decals, 444.13; Scholastic – magazines, 4,317.59; School Nurse Supply – nurse supplies, 354.98; School Specialty – Classroom supplies, 9,946.04; SD Federal Property Agency – IA supplies, 527.00; SDI Innovations – planners, 2,095.41; Sperry Stump Removal – tree removal, 7,800.00; Stan Houston Equipment – IA supply, 198.00; Supreme School Supply – office supply, 145.41; Taylor Music – repairs, 265.00; Teaqcher Direct – supplies, 1,011.96; Training Room – CTE health supply, 356.01. Total General Fund- \$500,627.41.

CAPITAL OUTLAY: A&B Business – managed print agreement, 931.20; AED Superstore – nurse equipment, 238.00; Amazon – classroom equipment, 5,702.96; Bahr Spray Foam – sidewalk repair, 3,718.70; Builders First Source – flooring, 15,243.28; City of Groton – asphalt, 997.50; Cole Papers – mop bucket/dust pan, 313.38; Custodial Fund – equipment, 40,814.74; Decker Equipment – janitor equipment, 837.24; Don Donley – Project work, 3,960.00; Elite – cheer uniforms, 1,375.97; Generation Genius – software, 400.00; Gopher – sports equipment, 451.13; Hauff MidAmerica – sports equipment, 8,752.74; Houghton Mifflin Harcourt – software and SS licenses, 17,917.50; IXL Learning – software, 7,488.00; Marco – freight, 37.81; Nasco – FACS equipment, 287.99; Play with a Purpose – preschool equipment, 139.06; Ringneck Construction – sidewalks, 20,340.13; Savvas Learning – science curriculum, 63,569.14; School Health – PE Equipment, 210.45; School Nurse Supply – nurse equipment,

384.85; School Specialty – classroom equipment, 1,164.94; Splashtop – software, 1,500.00; teacher direct – kgd equipment, 231.44; Toledo – PE Equipment, 665.10; Training Room – CTE Health Equipment, 161.76; US Bank – agent fee, 600.00; Worthington Direct – desks, 4,426.72; Harlow’s Bus – new bus, 114,328.62. Total Capital Outlay- \$317,190.17.

SPECIAL ED: Net Salary – 38,131.41; Benefits-11,709.62. Custodial Fund – advanced payments, 7,688.64; NCS Pearson – subscriptions, 80.90; School Specialty – classroom supplies, 323.40. Total Special Ed-\$57,933.97.

ENTERPRISE: Food Service- Net Salary – 3,659.81; Benefits – 1,598.69; Ace Refrigeration – repairs, 952.68; Custodial Fund – advanced payments, 1,641.67. Total Food Service- \$7,852.85.

OST - Net Salary – 11,548.12; Benefits – 1,149.15; Custodial Fund – advanced payments, 1,064.09; Dollar General – OST Snacks, 231.70. Total OST- \$14,134.81.

Driver’s Ed - Net Salary – 2,620.80; Benefits – 357.75. Total Driver’s Ed - \$2,978.55.

C U S T O D I A L F U N D : \$172,757.95

RECEIPTS: Local Sources-62,590.16; County Sources – 4,223.97; State Sources – 44,389.00; Federal Sources – 4,796.85. Total Receipts - \$115,999.98

Members of the public are allowed five minutes to address the board on any topic of their choice. With no one present, the board continued with the agenda.

Moved by Gengerke, second by Harder to approve price change for adults from \$4.85 to \$5.00 for the 2024-2025 school year. Motion carried.

Harder gave the Transportation Committee report and indicated the need to purchase a bus this year due to mechanical issues.

Strom gave the Personnel, Policy, and Curriculum Committee report on current policies being reviewed.

Moved by Gengerke, second Weismantel, to approve the amended school board goals and priorities 2024-2025, of studying cell phone and mobile device use by students; enhance transparency in school board operations; improve professional development for staff relating to the use of technology; develop long-term facilities plan; and improve relationships with all

communities within Groton Area School District. Motion carried.

The following items were discussed in administrative reports: J. Schwan: Back to school with staff in-service on August 19, and students returning on August 21; roofing work began at the elementary, and floor replacement in Mr. Hawkins’ room was finished; and the administrative team attended Titel IX training on July 29. B. Schwan reported student rostering being completed in multiple testing platforms, back-to-school forms, and updating para schedules, along with completing background checks, Safety Care, Title IX, and back-to-school workshops. Edwards reported 6-12 numbers at 304 students and participated in Safety Care, SD Principal Leadership and Development Program, AIMS Pathways to Literacy, and back-to-school workshops. Hubsch reported the 2024 state annual report has been submitted and approved on August 2; discussed budget resolution; auditors will be on site October 1-4; and gave Beef to School Program overview with receiving four donations of beef totaling 1,855 lbs. of meat, and \$2,890 was spent on processing with \$730 donations being received to go towards processing. Infinite Campus will allow guardians to see meal balances and make online payments. It is also a place now for the school’s online store where activity tickets, OST payments, donations, and other fees can be paid online, and outstanding debt notices have been sent this summer.

Moved by Gengerke, second by Weismantel, to approve budget amendment #FY25-01. Motion carried.

RESOLUTION TO ADOPT SUPPLEMENTAL BUDGET #FY25-1

Let it resolved that the school board of the Groton Area School District, in accordance with SDCL 13-11-3.12, and after duly considering the proposed supplemental budget, hereby approves and adopts the following supplemental budget in total:

APPROPRIATIONS			
	GENERAL FUND	CAPITAL OUTLAY	
10-2542-001-323	HS Repairs & Maintenance.....	\$22,000.00	
10-2542-002-323	EL Repairs & Maintenance.....	\$15,000.00	
10-2542-003-323	Aux. Gym Repairs & Maintenance.....	\$7,200.00	
10-2542-004-323	Auditorium Repairs & Maintenance.....	\$8,000.00	
21-2554-000-550	Vehicles		72,000.00
TOTAL APPROPRIATIONS.....		\$52,200.00	\$72,000.00
MEANS OF FINANCE			
	GENERAL FUND	CAPITAL OUTLAY	
10-2542-000-323	Repairs and Maintenance.....	\$52,200.00	
	Cash on Hand.....		\$72,000.00
TOTAL MEANS OF FINANCE.....		\$52,200.00	\$72,000.00
Presiding Officer			
Business Manager			

Moved by Gengerke, second by Harder, to approve Sourcewell bus bid of \$114,328.62 from Harlow’s and authorize the Business Manager to issue payment. Motion carried.

Moved by Fliehs, second by Weismantel to approve resignation/retirement of Kim Weber, OST Coordinator/Paraprofessional effective August 9, 2024. Motion carried.

Moved by Weismantel, second by Fliehs, to approve the resignation of Tasha Dunker, Elementary Librarian/RtI Paraprofessional, effective immediately. Motion carried.

The first reading of coaching handbook amendments, Federal Grants Manual, and recommended policy changes: BDDC Agenda Preparation and Dissemination (Amendment), BDDC-E(2) Introduction to Public Forum (New), KLB Public Complaints About the Curriculum or Instructional Materials (Amendment), KLBE(1) Request for Consideration of Instructional Materials (Amendment), KLB-E(2) Library Materials Opt-Out Form (New), IIAc Library Materials Selection and Adoption (Amendment), JFC Student Conduct (Amendment), JEC School Admissions (Amendment), JOA Student Directory Information (Amendment), DLC Expense Reimbursement (Amendment), DLC-R Expense Reimbursements (Delete), DLB Salary Deductions (Amendment).

Moved by Weismantel, second by Fliehs, to approve sixth-grade participation in the sport of Junior High Cross Country. Motion carried.

Moved by Gengerke, second by Harder to approve the volunteer coaches for fall 2024: volleyball: Jenna Strom and Carla Tracy, and football: Dalton Locke and Scott Thorson. Strom abstained. Motion carried.

Moved by Fliehs, second by Gengerke, to approve inter-district transportation requests pursuant to SDCL 13-29-4 for Webster Area School District and Langford Area School District. Motion carried.

Moved by Harder, second by Weismantel, to amend the cheer coaching agreement for Aubray Miller and Madisen Bjerke to each contract stipend to be \$1,579.50. Motion carried.

Moved by Gengerke, second by Fliehs, to approve assignment changes for auxiliary staff members Alison Tinnvereim to the elementary library/RtI paraprofessional 7.5 hours/day, and Jennifer Kunze to OST coordinator/paraprofessional at 7 hours a day. Motion carried.

Moved by Gengerke, second by Weismantel, to approve open enrollment intent to return #25-01. Motion carried.

Moved by Gengerke, second Harder to adjourn at 8:34 pm. Motion carried.

Becky Hubsch, Business Manager

Grant Rix, President

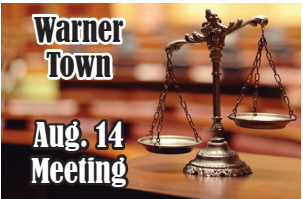
The addition of signatures to this page verifies these minutes as official.

Published August 21, 2024, at the total approximate cost of \$204.45 and may be viewed free of charge at www.sdpublicnotices.com. 23618



Hanlon Brothers
Gravel Hauling
New & Cleaning of Stockdams with our 60’ reach trackhoe
605/395-6531

GROTON AREA SCHOOL DISTRICT 06-6 FINANCIAL REPORTS								
July. 1, 2024	General Fund	Capital Outlay	Special Ed.	Bond Redemption	Food Service	OST	Driver’s Ed	Custodial
RECEIPTS.....	\$1,672,252.41	\$1,101,809.52	\$449,162.93	\$68.59	\$164,991.89	\$32,414.18	\$23,642.26	\$337,331.75
Local Sources.....	\$15,973.75	\$15,307.43	\$3,413.67		\$626.87	\$2,648.71		\$24,619.73
County Sources.....	\$4,223.97							
State Sources.....								
State Aid.....	\$44,389.00							
Wind Farm.....								
Mentor Teacher Program								
State Apportionment.....								
State Reimbursements.....								
Bank Franchise.....								
Federal Sources	\$4,796.85							
Sale of Assets.....								
Due from Govt/Others.....								
Transfer In/Out								
TOTAL MONTHLY RECEIPTS	\$69,383.57	\$15,307.43	\$3,413.67	\$0.00	\$626.87	\$2,648.71	\$0.00	\$24,619.73
FUNDS AVAILABLE.....	\$1,741,635.98	\$1,117,116.95	\$452,576.60	\$68.59	\$165,618.76	\$35,062.89	\$23,642.26	\$361,951.48
MONTHLY DISBURSEMENTS.....	(\$326,101.58)	(\$323,316.09)	(\$13,643.02)	\$0.00	(\$9,656.53)	(\$12,814.53)	(\$2,978.55)	(\$172,757.95)
JOURNAL ENTRIES.....	\$379,383.16		(\$37,990.82)		\$582.23			
July 312024	\$1,794,917.56	\$793,800.86	\$400,942.76	\$68.59	\$156,544.46	\$22,248.36	\$20,663.71	\$189,193.53
GENERAL FUND.....		SPECIAL EDUCATION	FOOD SERVICE			OST	Driver’s Education	
Payroll.....		Payroll	Payroll			Payroll	Payroll	
Instruction	\$285,991.56	Instruction	Instruction	\$3,659.81		Instruction	Instruction	\$2,620.80
Employee Benefits	\$74,136.69	Employee Benefits	Employee Benefits	\$1,598.69		Employee Benefits	Employee Benefits	\$357.75
Total.....	\$360,128.25	Total	Total	\$5,258.50		Total	Total	\$2,978.55



TOWN OF WARNER
MINUTES FOR THURSDAY,
AUGUST 14TH, 2024

MEMBERS PRESENT: Terry Evans, Gaylon Townsend, Stewart Nelson, Nichol Townsend. Dave Fair was absent.

APPROVAL OF MINUTES: A motion was made by Townsend and seconded by Evans to approve the minutes from July 9th, 2024 meeting. Motion carried.

FINANCIAL REPORTS: MSC: Evans/Townsend. Checking: Town \$370,331.86; Water \$99,146.38; Sewer \$180,537.87. CDs: Town \$32,529.82; Water \$49,621.04; Sewer \$28,029.36. BILLS APPROVED FOR PAYMENT: MSC: Townsend/Evans. AGTEGRA (fuel & chemi-

cal) \$368.91, Amazon (shop supplies) \$40.35, Office Depot (office supplies) \$219.88, Gas-N-Goodies (gas) \$72.46, Warner Post Office (postage) \$92.67, USDA (water & sewer loans) \$2083, Wayfair (CC supplies) \$131.67, WEB Water (city water) \$6684.87, Badger Meter (July readings) \$11.10, Cole Papers (supplies) \$482.21, Dakota Supply Group (ball park supplies) \$144.33, Dependable Sanitation (garbage) \$1900.80, Diamond Dry Cleaning (services) \$58, Fonder Construction (CC project) \$38,683.16, Gatehouse Media (advertising) \$53.72, Hase Plumbing, Heating & Air (service) \$130, Hofer’s Repair (rental) \$910, Kitchen Tune Up (CC bathroom) \$225, Lien Transportation (supplies) \$7637.04, Lyle Signs (supplies) \$144.76, Lynn Aman (janitorial) \$75, MAC’S (supplies) \$28.61, Midcontinent (phone & internet) \$275.09, Northwestern Energy (electricity) \$1615.14, Runnings (supplies) \$68.94, SD Dept of Rev (Sales Tax) \$134.85, SD Public Assurance Alliance

\$11,814.02, SD Public Health Lab (water test) \$15, Spellman Painters \$933.30, Town of Warner (Water/Sewer) \$322.85, SD Retirement Fund \$508.76, Payroll Taxes \$1253.44, PAYROLL: Stewart Nelson \$3346.96, Scott Boone \$318.61, Terry Evans \$268.28, Dave Fair \$62.79, Wade Rozell \$361.09, Gaylon Townsend \$53.66, Nichol Townsend \$603.04.

PUBLIC COMMENTS: None

UNFINISHED BUSINESS: Street repairs were discussed. Patching has been completed. Chip sealing is scheduled to be done late August/early December.

City Attorney contract has not yet been received. Terry will follow up.

The 2025 preliminary budget was presented. The final reading will be next month.

West Nile Grant Application has been approved. The Town of Warner was awarded \$2000.

Passed Resolution #08-25: A RESOLUTION ADJUSTING WATER RATES WITHIN THE TOWN

OF WARNER. Whereas, adjustments are needed because WEB water has increased rates by \$0.24 per 1,000 gallons; NOW, therefore, it is hereby resolved that the TOWN OF WARNER adopts the following fees effective October 1st, 2025. 9-3-13B- Rates for Water Service: The minimum flat fee will be at \$40.00 per month. The per thousand gallons fee will remain at: \$5.20 per 1,000 gallons up to 6,000 gallons, \$7.20 per 1,000 gallons from 6,001 to 12,000 gallons, \$9.20 per 1,000 gallons over 12,000. Dated this 14th Day of August, 2025.

Signed by David Fair, Chairman. Attest: Nichol Townsend, Finance Officer. MSC: Evans/Townsend

NEW BUSINESS:

Passed Resolution #080225: RESOLUTION FOR PLAT IN THE NE ¼ SECTION OF 2-T121N-RG-4WF OF THE 5TH P.M., BROWN COUNTY, SD. WHEREAS; the Town of Warner received a request from Prairie Craft Homes to replat the NE ¼ Section of

2-T121N-R64W of the 5th P.M., Brown County, SD; WHEREAS; this was approved by the Warner Board of Trustees; BE IT RESOLVED BY THE CITY COUNCIL OF WARNER, SD that the Plat showing Prairie Craft Homes First Subdivision to the City of Warner, in the NE ¼ Section of 2-T121N-R64W of the 5th P.M., Brown County, SD having been examined, is hereby approved in accordance with the provisions of SDCL 11-3, and any amendments thereof. Dated: 8-14-2025.

Published: 8-2025. Signed: David Fair, Chairman Board of Trustees. MSC: Townsend/Evans Approved ORDINANCE #080205: SUPPLEMENTAL APPROPRIATIONS ORDINANCE. Be it ordained by the Town of Warner that the following sums be appropriated to meet the obligations of the municipality. 101-GENERAL FUND 101-43100- Streets \$25,000 101-43150-Storm Drains \$52,000

101-45200-Park \$20,000 Total Appropriations - \$97,000 Source of Funding: 101-00000-32000 Building Permits \$97,000 Total Source of funding - \$97,000

Signed 8/14/2025: David Fair, Chairman Board of Trustees. MSC: Evans/Townsend

Delinquencies: 10 were noted and notices will be posted on doors. Two are already shut off.

DATE OF NEXT MEETING: September 11th, 2025 at 7 PM at the Warner Community Center.

ADJOURNMENT: There being no further business, the meeting was adjourned at 6:30 PM.

This institution is an equal opportunity provider and employer.

Dave Fair, Chairman; Nichol Townsend, Finance Officer

Published August 21, 2024, at the total approximate cost of \$46.63 and may be viewed free of charge at www.sdpublicnotices.com. 23615



70th Anniversary
Nancy and Charles Boynton 70th
Wedding Anniversary Celebration
will be held at the
Aberdeen Senior Center on
September 7th from 2- 4!



Pictured left to right are Jace Johnson, Carter Simon, Brevin Fliehs, Logan Pearson, Jarrett Erdmann and Jayden Schwan. (Courtesy Photo)

Three are medalists at Sioux Valley Boys Golf Meet
The first boys golf meet was held Tuesday at Sioux Valley (Volga) with a very competitive field of golfers taking to the course. Only four points separated the top three teams as Sioux Valley Blue won the meet with 318 points followed by Roncalli with 321, Groton Area with 322, Milbank with 326, Madison with 345, Sioux Valley Gold 360, Sisseton 375 and Redfield with 386. Groton Area had three medalists (placing in the top 15). Brevin Fliehs placed fifth with a 76, Carter Simon placed seventh with a 77, Jace Johnson placed 12th with an 83, Logan Pearson placed 18th with an 86, Jayden Schwan placed 24th with a 91, Jarrett Erdmann placed 36th with a 99.

We the People

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

When the Court Has the Last Word, Who Limits the Court?

In the Constitutional Convention of 1787, delegates debated the merits and virtues of vesting in federal courts the awesome power of judicial review—the authority to strike down laws of Congress that they find to be unconstitutional. In the end, the Framers agreed to grant the reviewing power to the courts, but not without some careful soul-searching, for it was at that juncture in world history unique in the realms of law and political science. Alexander Hamilton wrote in Federalist No. 78 that the courts were designed to keep the legislature within constitutional limits. He observed, "The interpretation of the laws is the proper and peculiar province of the courts. A constitution is, in fact, and must be regarded by the judges as fundamental law." The judiciary, then, was charged with the duty of determining the meaning of the Constitution and policing its boundaries.

Although the function of the courts, as described by Hamilton, was clear, there were, nonetheless, concerns and reservations about the scope and exercise of the reviewing power. If the U.S. Supreme Court were to possess that authority to check and limit the powers of Congress and the president, who would check and limit the Court? John Dickinson of Delaware captured the dilemma: "He thought no such power ought to exist. He was at the same time at a loss what expedient to substitute."

The troubling aspect of judicial review, as explained by members of the Convention—those who supported it and those who opposed it—was the potential for the judiciary's abuse of power. Never mind that judicial review was a byproduct of the Court's authority to interpret the laws. Elbridge Gerry of Massachusetts told his colleagues that, "the judiciary, by their exposition of the laws," would have "a power of deciding on their constitutionality." Judicial review, an organic feature of the new constitutional order, would hang like a sword above the necks of the executive and legislature, an essential tool for maintaining the enumeration of powers. As John Marshall, a delegate in the Virginia Ratifying Convention, described the checking power on Congress, "If they were to make a law not warranted by any of the powers enumerated, it would be considered by the judges as an infringement of the Constitution which they are to guard. They would declare it void."

The faith of the Framers in the willingness, ability and integrity of the judiciary to guard the Constitution, as Marshall explained, was questioned during the ratification debates and, as readers will recall, at various controversial moments in our history—in the 1930s when President Franklin D. Roosevelt tried, unsuccessfully, to pack the Supreme Court, by those in the 1950s who opposed the Court's desegregation rulings, and in our time, in reaction to the Court's decision in Trump v. United States, to clothe the president with immunity from criminal prosecution. This Season of Discontent with the Court is thus not the first in American history, but it runs deep and is likely long-lasting. It will continue to inspire calls for judicial reform.

The increasing demands for Supreme Court reform hinge on the very concerns that fueled the Framers' dilemma—abuse of power-- as expressed by Dickinson and his colleague, Robert Yates, a delegate from New York who, after the Convention adjourned, took up his pen and entered the ratification debates, under the pseudonym, "Brutus," to criticize judicial review, which he regarded as one of the Constitution's great defects. He reminded readers that "the world" had never seen "a court of justice invested with such immense powers" as those vested in the Supreme Court. He pointed out that there would be no power to control their decisions. The Justices, "are authorized" to determine the powers of Congress, and "they are to give the constitution an explanation and there is no power above them to set aside their judgment." In such circumstances, and vested with full judicial independence, the new Justices would "feel themselves independent of Heaven itself."

The Framers' answer to Brutus's fear, the specter of unconstrained judicial power, was the checking and balancing instrument of impeachment. Alexander Hamilton, in Federalist No. 81, believed that the overhanging threat of impeachment would be sufficient to deter judges from "deliberate usurpations of power." Was Hamilton's assumption, correct? We explore next week the Framers' discussion of judicial impeachment.

David Adler is president of The Alturas Institute, a non-profit organization created to promote the Constitution, gender equality and civic education. This column is made possible with the support of the South Dakota Humanities Council, South Dakota NewsMedia Association and this newspaper.

King Crossword — Answers

Solution time: 26 mins.

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

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No one wins the first soccer games

The 2024 soccer season kicked off on Saturday with a doubleheader at the Groton Soccer Complex. Both games ended up in a tie.

In the girls game, Sioux Falls Christian scored first with 17:19 left in the first half. Groton scored early in the second half when Laila Roberts head bunted in a corner kick with 34:28 left in the game to tie it at one.

Then with 3:31 left in the game, Groton goal Jaedyn Penning ended up with a yellow card in a fierce battle near the goal line. As a result, she had to sit out of the game with Mia Crank coming in to take her place. Sioux Falls Christian was awarded a penalty kick just 20 feet from the goal. It was just the kicker and Crank; however, the kicker did not get a good foot on the ball and the kicked the ball north of the goal resulting in a missed scoring opportunity. From there, it was a defensive struggle for the rest of the game as top rated Groton tied with third rated Sioux Falls Christian.

Freeman Academy came to town to take on the Groton Area boys soccer team. The Bobcats scored first with 17:42 left in the first half, but about 90 seconds later, Easton Weber would score to the game. Zander Harry scored for Groton Area with 11:37 left in the first half and the half ended with Groton Area on top, 2-1.

Freeman Academy would score with 19:11 left in the game to tie the game at two. Axel Abeln would score for Groton Area on a penalty kick to give the Tigers a 3-2 lead. Freeman Academy would score the next two goals, one at 13:35 left and one at 10:45 left to take a 4-3 lead. Logan Olson would score for Groton Area with 7:18 left in the game to tie the game at four, which ended up being the final score.

Both games were broadcast live on GDILIVE.COM, sponsored by Agtegra, Avantara Groton, BK Custom T's & More, Dacotah Bank, Groton Chamber of Commerce, Groton Ford, John Sieh Agency, Jungle Lanes & Lounge, R&M Farms/Rix Farms, The Meathouse in Andover. The videos are archived under Archived Videos , then under 2024-25 School Year.

- Paul Kosel



Groton Athletic Trainer Brittany Hubbard explains Connor's potential shoulder injury to his mom, Jessica Kroll. (Photo by Paul Kosel)



Jerica Locke looks up field for an open teammate. (Photo by Paul Kosel)

Girls soccer team runs past Garretson

Groton Area's girls soccer team scored four goals in each half en route to an 8-0 win over Garretson. The game was played Tuesday in Groton.

Laila Roberts scored two early goals - one at the 35:26 mark and the other at the 32:52 mark. Jerica Locke scored with 32:05 left in the first half and Ryelle Gilbert scored with 6:20 left in the first half.

Roberts scored again with 7:14 left in the game. Kennedy Hanson assisted McKenna Tietz for a goal with 4:12 left and Tietz soloed a goal with 2:54 left. The final score was set up by a penalty kick by Jerica Locke with Elizabeth Flihs kicking it in for the final goal at 30 seconds left in the game.

The game was broadcast live on GDILIVE.COM, sponsored by Avantara Groton, Groton Ford, BK Custom T's & More, R&M Farms/Rix Farms, John Sieh Agency, Agtegra, Jungle Lanes & Lounge, Dacotah Bank, Groton Chamber, The Meathouse in Andover, Groton Ag Service.



Laila Roberts tries to get the offense going for the Tigers. (Photo by Paul Kosel)



Ethan Kroll is on the move and on the go with the soccer ball right in front of him. (Photo by Paul Kosel)



April Abeln got a snapshot of the GDILIVE.COM broadcast with Jeslyn Kosel running the video camera and Paul Kosel doing the announcing.



Axel Abeln gets tied up with a Freeman Academy player. (Photo by Paul Kosel)



Kayla Lehr is double teamed by a pair of Sioux Falls Christian players. (Photo by Paul Kosel)

Dear EarthTalk: Are there any grasses for lawns and paths that don’t need mowing or that need very little mowing attention?
-- Johanna R, Northampton, MA

Most of the grass across the U.S. is a species known as Kentucky Bluegrass, which might not be the best choice where the environment is a concern. While it may have a soothing soft texture and vibrant color, it requires a decent amount of effort to maintain including extensive mowing year-round. Luckily, there are a variety of other options that will keep lawns looking nice and take less effort. Additionally, there has been a recent surge in grass alternative lawns as they require significantly less maintenance.

Grass species grow in two primary categories; warm season thrivers and cool season thrivers (Kentucky Bluegrass is the latter). Some of the warm season grasses that provide a greener alternative to Kentucky Bluegrass include Bermudagrass and Buffalo grass. Bermudagrass grows deep, complex root systems, helping to make it durable in high heat, humidity and drought conditions. It does not need mowing outside of temperatures 65 degrees and above but may need mowing twice a week in peak growing season. Meanwhile, buffalo grass needs sun to grow but is contained in its growth. It will grow in thick clumps reaching 8 inches tall and does not require mowing. If allowed to mature, buffalo grass will flower and attract native wildlife. If the grower aims for a manicured look, this grass can be mowed intermittently.

Greener low maintenance cool season grasses include tall fescue and sheep fescue. Tall fescue is a thin, naturally tall grass that requires almost no maintenance besides mowing in the growing season. Outside of this season, the grass needs no mowing. Sheep fescue is similar, though slower growing. The dense root system protects the area from invasive weeds and requires minimal mowing in the warmer months.

Alternatives to grass lawns include clover lawns, moss lawns or eco-lawns which are a combination of two or more alternatives. Clover lawns are the most popular grass alternative lawns. They can be planted over grass lawns for an easy installation process and are low growing meaning little to no mowing! Clover lawns, attract pollinators, foster healthy biodiversity, and are a natural weed killer—and they do not require much water. Experts have ranges of mowing recommendations from never to once a month. Mazus is similar to clover as it grows very close to the ground, does not need mowing beyond landscaping purposes, and has some resilience to foot traffic.

.. 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.



Clover lawns can be planted over grass lawns for an easy installation process — and are low growing meaning little to no mowing! Credit: Pexels.com.

Our Brain’s Happy Hormones

Our brain releases chemicals into our body that impact functions in our body, such as our mood. There are four chemicals that commonly support “feeling good,” and they are also known as “happiness chemicals.” These four chemicals are dopamine, oxytocin, serotonin, and endorphins.

Dopamine provides us with pleasure, motivation, and learning. Known as the reward chemical, dopamine may help us feel determined to accomplish our goals or meet our needs. Oxytocin is often known as the love hormone, and it creates a feeling of trust and security in maintaining relationships and bonding with others. Serotonin is often known as the mood stabilizer, and is the chemical that helps in regulating our moods. It often helps us with accepting ourselves, the people around us, and feeling significant within our relationships. Finally, endorphins are the natural “pain killer” in our body that releases a response to pain or stress to help in alleviating physical pain, anxiety, or depression. When we have a deficiency in each of these hormones, it can affect us in negative ways.

Dopamine deficiencies can lead us to procrastinate, have low self-esteem, lack motivation, have low energy, feel fatigued, struggle to focus, and feel anxious or hopeless. Natural ways to increase dopamine levels in our body may include meditation, self-care, creating long term goals, creating a daily to-do list to maintain organization, celebrate small wins, regular exercise, and being creative through writing, music or art.

Oxytocin deficiencies can leave us feeling lonely, stressed, lack motivation, have low energy or fatigue, feel disconnected, feel anxious, and experience insomnia. Some natural ways to increase oxytocin may include physical touch from a loved one, socializing, massage, acupuncture, listening to music, regular exercise, meditation, or giving others compliments.

Serotonin deficiencies can lead to low self-esteem, feeling overly sensitive, feeling anxiety, having panic attacks, mood swings, feeling hopeless, feeling nervous about social events, experiencing obsessions, and experiencing insomnia. Natural ways to increase serotonin may be spending time outdoors, meditating, regular exercise, cold showers, sunlight and massage.

Endorphin deficiencies can lead to anxiety, depression, mood swings, aches and pains, insomnia and impulsive behavior. Natural ways to increase endorphins may be laughing, creating music, art or writing, eating spicy foods, regular exercise, stretching, massage, and helping others.

By working to become aware of deficiencies we may be experiencing within our body, we can implement natural skills to increase release of the happiness chemicals. This is one positive way we can take care of our mental health and increase our mood in a positive way.

Curstie provides outpatient therapy for across the lifespan for adults, adolescents, and children starting at age 4. She utilizes a trauma-informed approach for people struggling with anxiety, depression, abuse, trauma, interpersonal issues, grief and social and emotional wellness. Her practice includes play therapy, solution-focused therapy, strengths-based therapy, and cognitive behavioral therapy and mindfulness strategies. Follow The Prairie Doc® at 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 for 22 Seasons, on SDPB and streaming live on Facebook most Thursdays at 7 p.m. central.



Curstie Konold MPH, LCSW, QMHP

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10 ♦ Groton Independent ♦ Wed., Aug. 21, 2024