

Keep the momentum

Sioux Valley volleyball squad looks to remain unbeaten.

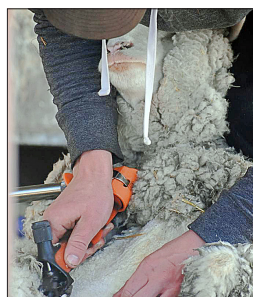
PAGE 12



Woolly wessons?

SDSU Extension will hold a sheep shearing school next month.

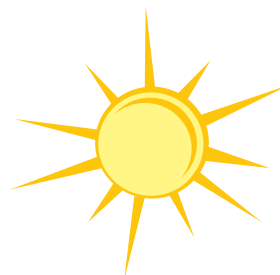
PAGE 7



Weather

Mostly sunny, with a high near 86. East southeast wind 5 to 10 mph.

MORE WEATHER ON PAGE 3



The Brookings Register

WEDNESDAY
September 11, 2024

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Brookings, SD

\$1.00

Your community. Your newspaper.

have you heard?

Library hosting resume writing workshop

On Thursday, Sept. 19 at 6 p.m., the Brookings Public Library will host a resume workshop with Tessa Barlow, who is a certified professional resume writer. Registration is required and can be found at bit.ly/regbpl.

In this dynamic workshop, Barlow will go through the evolution of the resume—from its inception to the powerful career tool it is today. Participants will gain valuable insights into:

- Understanding the audience for their resume.
- The importance of keywords within a job description and strategies to identify them.
- Common resume pitfalls and what elements to avoid.
- Essential facts about LinkedIn and three actionable tips to enhance their LinkedIn profiles.

For additional information, visit their website at www.brookingslibrary.org. The mission of Brookings Public Library is to provide materials and information contributing to the education, recreation, and quality of life for the Brookings community.

Lottery



1 - 16 - 21 - 47 - 60

Powerball: 5

Next Jackpot: \$134 million
No jackpot winner Monday



16 - 26 - 30 - 35 - 46

Lucky ball: 6

\$7K per week
No jackpot winner Monday



8 52078 00110 2

Report details changes to Big Sioux watershed

Changes needed to prevent pollution to river in Brookings County.

By JOSHUA HAIAR
South Dakota Searchlight

South Dakota environmental regulators are accepting public comments on a new set of draft pollution reduction targets for a 10-mile segment of the Big Sioux River in Brookings County.

The document from the Department of Agriculture and

Natural Resources proposes “total maximum daily loads,” which are the levels of pollution a waterbody can suffer and still meet water quality standards. About 450 square miles of land form the watershed for the river segment from Volga to south of Brookings.

The river segment is too polluted to support some kinds of warmwater fish, according to the department. The problem is “total suspended solids,” including soil that washes into the river. Roughly 73% of that soil comes from farms.

“The watershed is used extensively for agriculture, which comprised 88% of the land area in 2017,” the department’s report says.

The report also notes that wetlands, forests and native grasslands have declined in the watershed.

Fish affected

Travis Entenman is the managing director of Friends of the Big Sioux River. He said suspended solids affect plant and fish life.

“Excessive sedimentation

reduces oxygen levels and blocks sunlight that our underwater plants need,” he said. “If we had clearer water, more fish — outside of carp — would be able to thrive.”

University of South Dakota Sustainability and Environment Professor Mark Sweeney said research shows suspended solids in the Big Sioux have increased in the 2000s compared to the 1970s and '80s. He said the problem is especially bad for filter-feeding fish.

“They basically choke on the

See RIVER, page 2



Jay Roe/Brookings Register

The Brookings High Career and Technical Education Center, formerly the East Central Multi District, needs urgent roof repairs, the school board heard Monday night.

Roofs need repair

The Brookings School Board also begins the process to sell Fifth Street Gym.

By JAY ROE
The Brookings Register

BROOKINGS — The Brookings School Board took action on a several facilities issues during Monday night’s meeting — including declaring the Fifth Street Gym surplus property. Keith Fodness, director of facilities for the district, said their facilities and construction committee recommended the school no longer hang on to the gym.

“Through the committee meeting last Friday, the

decision was made to recommend declaring that building surplus — as it is no longer useful to the district — and to have an appraisal done on the property,” Fodness said. “The law allows you to use three real property owners in your district to do that appraisal, or you could hire an appraisal company. I think you’d probably get a better market value if you were to have an appraiser do it.”

The board voted to have the superintendent hire a professional for the gym appraisal.

See SCHOOLS, page 2

Health System holding diaper drive

Donations of diapers, wipes will be accepted.

BROOKINGS — New Beginnings Birth Center will hold a diaper drive during National Diaper Need Awareness Week, Sept. 23 – 29. The donated diapers and wipes will be given to the Harvest Table and the Brookings Area United Way to help area families who face diaper need.

Diaper need is defined as the lack of a sufficient number of diapers to keep a child clean, dry and healthy. On average, babies require 12 diapers a day and toddlers eight diapers per day. The American Academy of Pediatrics states each child will use 3,000 diapers in the first year and a total of 8,000 diapers before potty training. Average monthly cost of diapers per child ranges from \$70 to \$80.

“According to the National Diaper Bank Network, one in two U.S. families struggle to

See DIAPER, page 2

Big rummage sale to benefit backpack project

Three-day sale for a great cause in White.

By JOHN KUBAL
The Brookings Register

WHITE — Consider it the mother of all rummage sales. Its organizers say it is “definitely worth the drive to White.” The United Methodist Church in White is hosting this year’s three-day Deubrook BackPack Rummage Sale, a fundraiser for Deubrook area schools. In 2023 a similar rummage sale was undertaken by Zion Lutheran Church

in White. Now organizers of both sales are hoping the sale becomes an annual event.

Days and times for the sale are: Friday, Sept. 13, 1 to 7 p.m.; Saturday, Sept. 14, 8 a.m. to 1 p.m. and Sunday, Sept. 15, 1 to 3 p.m.

Up for first-come, first-served sale — with a free will donation being suggested for each item — are: furniture, home décor, tools, games, fabrics, pattern books, vintage clothing, antiques, jewelry and much, much more.

“We have been taking donations for two weeks,” Mary Norman, a key organizer and

See SALE, page 2



Courtesy photo

From left: Volunteers Gayle Neuhardt, Connie Nelson, Marlys Haber, Judy Smith, Mary Norman and Jill Larson.

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SCHOOLS: Will be selling old middle school gym

Continued from page 1

"We do feel like it's surplus because we have two new gyms — two new competitive gyms in the new schools — and so this facility doesn't have as much need in our district," Board President Teresa Binkley said. "If we weigh out the cost of maintaining it to what we can actually use it for, it doesn't balance out."

Per an Aug. 7 article in the *Brookings Register*, the city's Park & Recreation Board has discussed acquiring the Fifth Street Gym. They estimated such a hypothetical acquisition would cost the city a minimum of \$2.6 million in improvement costs alone — plus between \$100,000 and \$150,000 in yearly operating costs.

"The district really doesn't have the resources to maintain it and continue to operate it," board member Wes Tschetter said. "Also though, it's in our interest that whoever assumes the building or ends up with the building has a financial responsibility to make sure that it's in good repair and functional and not an eyesore to the community. That is an absolute must in our planning for what we do in the future."

Declaring the building surplus property will not impact any ongoing activities at the gym.

"I just wanted to mention that no current use will be changed for anyone doing this," board member Keli Books said. "All the city leagues and everything — volleyball, everything that's planned in there — going to ... surplus doesn't mean that we still don't maintain ownership and



Register file photo

The Fifth Street Gym in downtown Brookings will be designated surplus and eventually sold.

still don't have all activities as planned."

In other facilities matters, the board approved hiring MJ Dalsin of Sioux Falls to perform roof repairs on the high school, the Career and Technical Education building — formerly the East Central Multi District building — Camelot Intermediate, Dakota Prairie Elementary and the Mickelson Middle School.

"The repairs would be \$51,800. I recommend that you do those, and (MJ Dalsin) has the manpower this fall to get those repairs completed before the snow flies. The CTE building is by far the worst building in your fleet — and there are a couple sections up there that could very well come loose if we had a big storm," Fodness said. "They don't give that roof a whole lot of life with-

out repairs or potentially some re-roofing very soon."

He said the roof repairs are capped at a maximum of \$51,800 — but it's possible they may come in under budget.

"This repairs the known issues on these roofs — the leaks that have been identified, the small tears in the fabric, the bridging. This puts them back in order, and it's just preventative mainte-

nance," Fodness said.

He recommended the board adopt a long-term plan to deal with future roof maintenance and possible replacement.

"Down the road, I'd like to put in front of you a list that says you should take care of this roof within this many years and here's how much we need to plan to spend," Fodness said. "Put that in your five-year capital outlay budget moving forward, and you can plan for it and just get on a rotation. The roof is the most important part of the building."

The board also voted to hire CO-OP Architecture of Sioux Falls to conduct renovations of the high school science rooms — a timely project that coincides with the roof repairs.

"With the science room addition or renovation — that's in a section of the building that has a few problems with the roof. If you go in those science rooms, look up and you'll see water stains. You can't renovate a section of your building with a bad roof," Fodness said.

The approved renovations are limited to just the high school science rooms.

"If we decide to do a comprehensive review of the high school — which will have to be done at some point — that would be a totally different conversation than this conversation right now," Books said. "We know that is of some need down the road — just having a better grip on all of our facilities — but that is not what we're utilizing CO-OP for."

— Email Jay Roe at jroe@brookingsregister.com.

SALE: Several families made large-scale donations

Continued from page 1

one of the volunteers of this year's sale, explained. "Fellowship Hall in our church is full and the classrooms are full. This year we had a church member move, so she donated quite a bit. We've had the death of a lady who had lived here 70 years and her son cleaned out her house and donated things. That's where the vintage and antique things come from.

"And then we had another person who

passed and his family brought in quite a few things. And a family from Brookings is moving into assisted living; so we've had three or four families that are doing major donations. We have people bringing in smaller donations, such as clothing that has been outgrown."

Norman has some simple advice for those coming to the sale: purchase it when you find it. First-come, first-served means that what you would like to buy on Friday might not be there

when you return later.

"Everything's useable, everything's serviceable," she added. "We have kitchenware, we have some really nice glassware and dishes, things that would be great for college kids." There's also bedding, linens, vintage aprons and some very nice jewelry.

Nothing wasted

"We go through things and if some has to be tossed, we do that," Norman explained. Think of that action as a sort-

of grass-roots quality control.

"I've been very impressed with the quality of things that have come in this year," she added. "We have had great community support. In a rural area you do have that. If it's somebody in need of something, or the community or the school, it gets done. And we make sure that nothing's going to waste."

Anything that's left over will be given to Orphan Grain Train in Milbank: It bills itself "as a

501c3 Nonprofit Christian volunteer network that shares personal and material resources with needy people in America and around the world. Grain Train volunteers gather donations of clothing, medical supplies, food, Christian literature, and other aid to meet real needs."

Zion Lutheran Church, which had done the first rummage sale in 2023 had taken what remained when the sale was over and delivered it to Orphan Grain Train.

Norman notes that projects such as this sale and last year's sale cannot get done without a lot of "amazing volunteer help." That volunteerism beyond those who work the rummage sale to those people in the community who donate good stuff to the sale.

"We're so glad you do this," people told Norman. "We can wait for it and bring our stuff and it's going to a good cause."

Contact John Kubal at: jkubal@brookingsregister.com.

RIVER: Report needs do not have any enforcement mechanism

Continued from page 1

ing livestock away from streams, protecting grasses along streams, conserving wetlands and sloughs, and promoting soil health practices that reduce sediment runoff. It also advises continued funding and marketing of existing financial incentives for those practices.

Existing incentives include a \$3 million state program paying landowners to grow and maintain grass strips along the river and its tributaries. The state pays up to \$575 per acre for cropland and up to \$157 per acre for pastureland enrolled.

A goal, not a mandate

Incentives are the primary way the state attempts to achieve cleaner waterways. Jay Gilbertson, manager of the East Dakota Water Development District, based

in Brookings, said the state does not mandate action by individual polluters.

"The department says, 'We don't want to make people do anything,'" he said. "Well, that's the problem then."

Entenman agreed, saying he welcomes the

development of the total maximum daily loads and the report about where the pollution originates. But, he added, "We need to make sure there is follow-through and these issues are being remedied."

Marisa Lubeck, a spokesperson with the U.S.

Environmental Protection Agency's Region 8 Office (which includes South Dakota), sent a statement explaining states and local governments are responsible for ensuring plans are followed.

"The plan provides a foundation to support

future implementation, which is led by state and local organizations rather than the federal government," she said.

Public comments on the draft document must be submitted by Sept. 28 and may be emailed to DANRmail@state.sd.us.

DIAPER: Amazon, too

Continued from page 1

Diaper need also impacts families. Parents cannot go to work if they lack diapers to leave with their child at daycare. The National Diaper Bank Network and Huggies recently conducted a study that found parents who struggled with diaper need missed on average four days of work per month. Needing diapers can lead to increased stress, financial hardship and food insecurity for families.

Individuals who would like to contribute to New Beginnings Birth Center's diaper drive may purchase items from the Amazon wish list located at <https://rb.gy/heg7by>. Alternatively, diapers of any size and wipes may be dropped off at Brookings Health System's reception desks during National Diaper Need Awareness Week.

Individuals who would like to contribute to New Beginnings Birth Center's diaper drive may purchase items from the Amazon wish list located at <https://rb.gy/heg7by>. Alternatively, diapers of any size and wipes may be dropped off at Brookings Health System's reception desks during National Diaper Need Awareness Week.



Brookings
HEALTH SYSTEM

Every Woman Matters.

Ellie Arndt avoided interventions with Brookings Health's physiological birth support. Exercise recommended by her OBGYN naturally flipped her baby from the breech position. During labor, the OB team again used movement to position Ellie's baby for delivery.

Ellie says, "I appreciated the level of empowerment and autonomy."

Watch Ellie's story at brookingshealth.org/EllieArndt.









TOP 20 RURAL & COMMUNITY HOSPITAL 2024



LOCAL

SDSU Extension working to bolster rural child care needs in S.D.

BROOKINGS — South Dakota needs more child care providers, and SDSU Extension is part of a growing collaboration to meet that need.

A 2024 Committee for Economic Development Child Care in State Economies report said 45% of South Dakota's young children are in paid child care and that South Dakota has one of the highest female labor forces in the nation. With a high rate of both parents working and a scarcity of child care in rural communities, parents have to travel farther to make it work.

In her role as an SDSU Extension early childhood field specialist, Audrey Rider has long championed the benefits of child care in rural communities. In addition to the economic benefits, Rider said quality child care is a vital part of early childhood education and formation.

"Child care is an important profession that we need to build our future generations. It is not babysitting," Rider said. "I see it as such a rewarding career with lifelong benefits to communities and families."

She and fellow SDSU Extension experts recently surveyed three rural communities to assess their child care needs:

Beresford, Lead/Deadwood and Webster. Once the survey data has been analyzed, SDSU Extension will work with those three communities to address their unique child care needs.

In Highmore, a dedicated group of volunteers secured a \$300,000 grant in March from the Governor's Office of Economic Development as part of Gov. Kristi Noem's Investment Plan for Child Care.

To prepare to submit the grant, the committee completed SDSU Extension's Building Highly Effective Boards and strategic planning programs. The 10-person committee completed approximately 20 hours of training and leveraged that into securing the second, much larger grant. SDSU Extension community vitality field specialists Kara Harders and Kellie Kolb said they provided education and resources, and the community did the rest.

"We did not write their grant for them, we are in the business of equipping leaders and communities to do great things," Kolb said. "It's about that education piece, because education is lifelong and ongoing."

Harders and Kolb praised the Highmore committee as extraordinary-



SDSU Extension photo

South Dakota State University Extension staff are working to help those in rural South Dakota meet their child-care needs.

ly dedicated, selfless and eager to learn. Several committee members didn't need child care themselves, they simply want their town's families to be happy, healthy and safe.

"They had an incredible group of people," Harders said. "It was amazing to see how many things were able to be addressed by the people in the room."

For more information and child care resources, visit the Childcare Needs page or email Audrey Rider. For more information on Community Vitality's training options, visit the program page on the SDSU Extension website or email Harders at kara.harders@sdstate.edu or Kolb at kellie.kolb@sdstate.edu.

— From SDSU Extension

SDSU shatters research expenditures record for second consecutive year

BROOKINGS — For the second consecutive year, South Dakota State University has broken its research expenditures record. Research expenditures for fiscal year 2024 reached \$84 million — a 13.5% increase from last year's record of \$74 million.

"SDSU faculty, staff and students continue driving the leading edge of discovery and innovation — to the public's great benefit," said Daniel Scholl, vice president for research and economic development.

SDSU researchers receive funding from a variety of sources including federal, state, industry and internal grants. These grants are often allocated on a competitive basis, with project proposals being selected for their quality and/or impact.

Scholl noted that an increase in research expenditures signals a growing research profile that is trusted and capable of solv-

ing problems and advancing knowledge.

Research proposals for fiscal year 2024 totaled just over \$270 million — also up from the previous year of \$155 million.

R1 Our Way

Research expenditures are one of two benchmarks the Carnegie Classifications of Institutions of Higher Education use to differentiate research institutions. To be classified as "R1" — the highest classification — a university must have at least \$50 million in research expenditures each fiscal year.

SDSU is currently classified as "R2" but is in pursuit of R1 classification.

"SDSU's growing impact is what you would expect from an aspiring Carnegie R1 university and creates a vibrant experience for students at all levels," Scholl added.

Notable projects

Some of the notable sponsored research projects from the past year include the restoration of native plants in the Northern Great Plains. This National Park Service-backed project was led by Lora Perkins, lead faculty for SDSU's Native Plant Initiative and an associate professor in the Department of Natural Resource Management.

In the School of Health and Human Sciences, professor Moul Dey studied the role of lean pork within a plant-based diet through a randomized controlled feeding study. Dey's National Pork Board-backed study looked to improve iron reserves, muscle-fitness and markers of health span in older adults.

Tim Hansen, the Harold C. Hohbach Endowed Associate Professor in the McComish Department of Electrical Engineering and Computer Science,



SDSU Marketing & Communications photo

South Dakota State University's research expenditures for fiscal year 2024 reached \$84 million — a 13.5% increase from last year's record of \$74 million.

has undertaken a state-wide effort to develop more resilient electrical grids for rural communities. This National Science Foundation-backed project is an ongoing collaborative effort with universities across the United States.

In the College of Natural Sciences, associate professor Natalie Thiex received \$312,813 from the National Institutes of Health to gain insights into inflammation.

Josh Reineke, associate professor in the College of Pharmacy and Allied Health Professions and director of the Haarberg

Drug, Disease and Delivery Research Center, has been developing nanoparticle-based therapies to treat and eradicate mycobacterium tuberculosis.

In the College of Nursing, associate professor Mary Isaacson has been working to increase palliative care access for all South Dakotans. Through an efficacy trial backed by the National Institutes of Health, Isaacson has been developing culturally responsive messaging for Native Americans who need palliative care.

Don Burger, associate professor in the School of Design, conducted a walkability study for communities in South Dakota. This work resulted in a community handbook on how to approach walkability which will come out later this fall.

In the Ness School of Management and Economics, associate professor Andrea Leschewski conducted a cost-benefit analysis of expanded food and nutrition education programs by utilizing biomarkers of chronic disease risk. Leschewski's study was backed by the U.S. Department of Agriculture's National Institute of Food and Agriculture.

Amber Jensen, a lecturer in the School of English

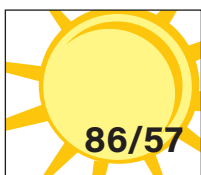
and Interdisciplinary Studies, has been conducting a National Endowment for the Humanities-backed project to support teachers of dual credit composition courses. The project has included summer workshops for faculty to create new materials for dual credit introductory composition courses.

"Growing research expenditures is a marker of SDSU's leadership, but research expenditures tell only part of the story," Scholl said. "Some of SDSU's research, scholarship and creative projects do not require substantial funding grants and are completed with little direct expenditures. It is exciting that our innovation and discovery work extends beyond engineering and the sciences to the social sciences, arts and humanities, to better serve the public."

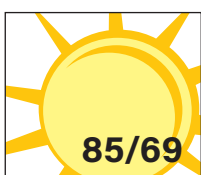
The three largest contributors to SDSU's expenditures record were the College of Agriculture, Food and Environmental Sciences; the College of Natural Sciences; and the Jerome J. Lohr College of Engineering.

— From SDSU Marketing & Communications

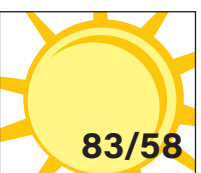
Brookings weather



Wednesday Mostly sunny, with a high near 86. East southeast wind 5 to 10 mph.
Night: Partly cloudy, with a low around 57. South southeast wind 5 to 10 mph, with gusts as high as 20 mph.



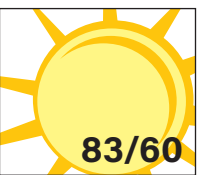
Thursday Sunny, with a high near 85. Breezy, with a south wind 10 to 15 mph increasing to 15 to 20 mph in the afternoon. Winds could gust as high as 30 mph.
Night: Clear, with a low around 60. South southeast wind around 15 mph, with gusts as high as 25 mph.



Friday Sunny, with a high near 83. Breezy, with a south southeast wind 10 to 20 mph, with gusts as high as 30 mph.
Night: Partly cloudy, with a low around 58.



Saturday Mostly sunny, with a high near 81.
Night: Partly cloudy, with a low around 59.



Sunday Mostly sunny, with a high near 83.
Night: Mostly clear, with a low around 60.

Information from the National Weather Service Forecast Office, Sioux Falls

Pass the Syrup!

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NATION

Congress honors the 13 troops killed during Afghanistan withdrawal

WASHINGTON (AP) — House Speaker Mike Johnson on Tuesday presented Congress' highest honor — the Congressional Gold Medal — to 13 U.S. service members who were killed during the disastrous withdrawal from Afghanistan, even as the politics of a presidential election swirled around the event.

Both Democrats and Republicans supported the legislation to posthumously honor the 13 U.S. troops, who were killed along with more than 170 Afghans in a suicide bombing at the Abbey Gate at Kabul's Airport in August 2021. President Joe Biden signed the legislation in December 2021. On Tuesday, the top Republican and Democratic leaders for both the House and Senate spoke at a somber ceremony in the Capitol Rotunda, hailing the lives and sacrifices of the service members.

Senate Majority Leader Chuck Schumer called on the lawmakers gathered to "ensure the sacrifices of all our service members were not in vain."

"We must care for them and their families and defend the values of freedom and democracy they so nobly fought for," Schumer, a New York Democrat, said.

But rather than a unifying moment,

the event took place against the backdrop of a bitter back-and-forth over who is to blame for the rushed and deadly evacuation from Kabul. Johnson, a Louisiana Republican and ally of Republican presidential nominee Donald Trump, scheduled the ceremony just hours before the first debate between Trump and Democrat Kamala Harris.

"They lost their lives because of this administration's catastrophic withdrawal from Afghanistan," Johnson said at a news conference minutes before the ceremony.

Then as the speaker opened the ceremony, he took another jab at how the Biden administration has defended its handling of the final months of America's longest war.

"To the families who are here, I know many of you have yet to hear these words, so I will say them: we are sorry," Johnson said. "The United States government should have done everything to protect our troops, those fallen and wounded at Abbey Gate deserved our best efforts, and the families who have been left to pick up the pieces continue to deserve transparency, appreciation and recognition."

Republicans on the House Foreign



AP Photo/J. Scott Applewhite

House Foreign Affairs Committee Chairman Michael McCaul, R-Texas, speaks to reporters about his panel's Afghanistan Report and the findings of its three-year investigation into the U.S. withdrawal from Afghanistan, at the Capitol in Washington on Monday. He is joined by Republican lawmakers and families of the military members who were killed by a Taliban bomber during the evacuation.

Affairs Committee also released a scathing investigation on Sunday into the withdrawal that cast blame on Biden's administration and minimized the role of Trump, who had signed the withdrawal deal with the Taliban.

White House national security spokesman John Kirby on Monday criticized the House report as partisan and one-sided and said it revealed little new information

as well as contained several inaccuracies. He noted that evacuation plans had started well before the pullout and the fall of Kabul "moved a lot faster than anyone could have anticipated."

He also acknowledged that during the evacuation "not everything went according to plan. Nothing ever does."

"We hold ourselves all accountable for that," he said of the deaths.

Across the Nation

Teen injured in Neb. high school shooting

OMAHA, Neb. (AP) — Omaha police arrested a suspect about half an hour after a shooting Tuesday that critically injured a teenage boy at a high school in Nebraska's largest city.

Families rushed to Omaha Northwest High School after the shooting was reported by the school resource officer during lunch at 12:23 p.m. Omaha Police Deputy Chief Sherie Thomas said officers from several departments quickly responded to the school and found the victim inside.

Thomas said police believe the shooting was an isolated incident between two students. The 14-year-old suspect was arrested three blocks away about 30 minutes later.

Parents tearfully embraced their kids in the parking lot as the first few started to come out of the school after 1 p.m. The rest of the students were reunited with their families over the next couple of hours.

Thomas said a 15-year-old boy was critically injured in the shooting and rushed to a hospital. She said the victim was in stable condition several hours after the shooting.

One student told KETV that he was coming back to school after lunch and ran as fast as he could when he heard screams and saw people running because he didn't want to die.

Two nearby Catholic high schools — Marian and Roncalli high schools — were also locked down after the shooting, but that was lifted after the arrest.

Devon DeMott told the Omaha World-Herald that he raced to the school from his home a few blocks away as soon as his son texted him there had been a shooting.

"As fatherly instinct, I jumped in the car and headed up there," said DeMott, who was glad to see a significant police presence when he arrived.

The school district canceled all Tuesday evening activities at Northwest High and all classes on Wednesday. Students are scheduled to return Thursday.

Billionaire to conduct private spacewalk

CAPE CANAVERAL, Fla. (AP) — A daredevil billionaire rocketed back into orbit Tuesday, aiming to perform the first private spacewalk and venture farther than anyone since NASA's Apollo moonshots.

Unlike his previous chartered flight, tech entrepreneur Jared Isaacman shared the cost with SpaceX this time around, which included developing and testing brand new spacesuits to see how they'll hold up in the harsh vacuum.

If all goes as planned, it will be the first time private citizens conduct a spacewalk, but they won't venture away from the capsule.

Considered one of the riskiest parts of spaceflight, spacewalks have been the sole realm of professional astronauts since the former Soviet Union popped open the hatch in 1965, closely followed by the U.S. Today, they are routinely done at the International Space Station.

Isaacman, along with a pair of SpaceX engineers and a former Air Force Thunderbirds pilot, launched before dawn aboard a SpaceX Falcon 9 rocket from Florida. The spacewalk is scheduled for Thursday, midway through the five-day

flight.

But first the passengers are shooting for way beyond the International Space Station — an altitude of 870 miles, which would surpass the Earth-lapping record set during NASA's Project Gemini in 1966. Only the 24 Apollo astronauts who flew to the moon have ventured farther.

The plan is to spend 10 hours at that height — filled with extreme radiation and riddled with debris — before reducing the oval-shaped orbit by half. Even at this lower 435 miles, the orbit would eclipse the space station and even the Hubble Space Telescope, the highest shuttle astronauts flew. All four wore SpaceX's spacewalking suits because the entire Dragon capsule will be depressurized for the two-hour spacewalk, exposing everyone to the dangerous environment.

Isaacman and SpaceX's Sarah Gillis will take turns briefly popping out of the hatch. They'll test their white and black-trimmed custom suits by twisting their bodies. Both will always have a hand or foot touching the capsule or attached support structure that resembles the top of a pool ladder.

Israel says it likely killed an American activist by mistake

RAMALLAH, West Bank (AP) — The Israeli military said Tuesday an American activist killed in the West Bank last week was likely shot "indirectly and unintentionally" by its soldiers, drawing a strong rebuke from U.S. Secretary of State Antony Blinken and the activist's family.

Israel said a criminal investigation

has been launched into the killing of Aysenur Ezgi Eygi, a 26-year-old activist from Seattle who was taking part in a demonstration against settlements in the Palestinian territory. Doctors who treated Eygi, who also held Turkish citizenship, said she was shot in the head.

Blinken condemned the fatal shooting when asked about it at a news conference in London, and said the U.S. would make clear to its ally that such actions are "not acceptable."

"No one — no one — should be shot and killed for attending a protest," he said. "Israeli security forces need to make some fundamental changes in the way they operate in the West Bank."

Eygi's family in the U.S. released a statement saying "we are deeply offended by the suggestion that her killing by a trained sniper was in any way unintentional."

During Friday's demonstration, clashes broke out between Palestinians throwing stones and Israeli troops firing tear gas and ammunition, according to Jonathan Pollak, an Israeli protester who witnessed the shooting of Eygi.

Pollak said the violence had subsided about a half hour before Eygi was shot, after protesters and activists had withdrawn several hundred meters (yards) away from the site of the demonstration. Pollak said he saw two Israeli soldiers mount the roof of a nearby home, train a gun in the group's direction and fire, with one bullet hitting Eygi.

Israel said its inquiry into Eygi's killing "found that it is highly likely that she was hit indirectly and unintentionally by (Israeli army) fire which was not aimed at her, but aimed at the key instigator of the riot."

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RECORDS

Agendas

Human Rights Commission

The Brookings Human Rights Commission will meet at 5:30 p.m. Thursday in the Brookings City & County Government Center at 520 Third St. Items on the agenda include:

- Approve agenda
- Approve minutes
- Public Comment
- Introductions
- Recommendation to city council
- Human rights training
- Awards
- Meeting schedule
- Medical interpreter training program
- Ice cream social and community fair
- Common read event
- Vacancies
- Budget
- Brookings Police Department report
- SDSU Police Department report
- Sheriff's office report
- School district report
- SDSU report
- LGBTQ report
- Disability Committee report
- CLEAR report
- SDSU SA report

- PEAK campaign
- DEI initiative
- Social media work group report
- LGBTQ awareness work group report
- Africans in the diaspora culture awareness training
- Indigenous peoples training

Historic Preservation Commission

The Brookings Historic Preservation Commission will meet at 6 p.m. Thursday in the Brookings City & County Government Center at 520 Third St. Items on the agenda include:

- Approve agenda
- Approve minutes
- Review updates for 312 Eighth Ave., 509 Main Ave., 427 Main Ave. and 815 Fifth St.
- Homeschool walking tour
- Survey update
- Public education update
- Codes and design update
- Incentives and partnerships update
- Mayor's award planning
- Trolley rides recap

- Upcoming events
- Next meeting

Library Board

The Brookings Library Board will meet at noon Thursday in the Brookings Library at 515 Third St. Items on the agenda include:

- Approve agenda
- Approve minutes
- Public comment on items not on the agenda
- Continuing education record
- Public comment on book clubs and library programs
- Approve bills
- Vision statements
- Financial report
- Librarian's report
- Next meeting

Stocks of Local Interest

	Symbol	Last	Change
3M Company	MMM	\$130.09	\$1.63
Abbott Labs	ABT	\$117.11	\$0.68
Apple Inc	AAPL	\$220.11	-\$0.80
Black Hills Corp	BKH	\$60.35	\$0.74
Caterpillar Inc	CAT	\$334.16	\$0.12
Citigroup Inc	C	\$57.95	-\$1.59
Daktronics Inc	DAKT	\$12.05	\$0.18
Deere & Co	DE	\$387.30	\$0.07
Exxon Mobil Corp	XOM	\$110.82	-\$4.19
General Electric Co	GE	\$166.98	\$1.63
Harley-Davidson Inc	HOG	\$34.87	-\$1.53
Lowes Companies Inc	LOW	\$247.38	\$2.65
McDonalds Corp	MCD	\$291.27	-\$0.02
Microsoft Corp	MSFT	\$414.20	\$8.48
ONEOK Inc.	OKE	\$91.72	-\$0.32
Otter Tail Corp	OTTR	\$76.29	-\$1.52
Papa John's Intl Inc	PZZA	\$48.24	\$0.83
Pathward Financial	CASH	\$66.04	-\$1.45
Pepsico Inc	PEP	\$177.81	-\$0.38
Pfizer Inc	PFE	\$29.74	\$0.33
Procter & Gamble Co	PG	\$177.79	\$1.73
Target Corp	TGT	\$148.01	-\$2.58
United Parcel Svc Inc	UPS	\$129.83	\$0.95
Valero Energy Corp	VLO	\$136.09	\$1.93
Wal Mart Stores Inc	WMT	\$78.81	\$1.47
Wells Fargo	WFC	\$53.95	-\$0.64
Xcel Energy	XEL	\$63.84	\$0.35

As of 9/10/2024 close.

Market Report

Soybean Processors, Volga	sdsbp.com.)
(Any size self-unloading trucks or wagons accepted)	AgFirst Farmers Cooperative, Brookings
Soybeans (Sept. FH)	9.37
Soybeans (NC 24)	9.42
Soybeans (Nov.)	9.48
Soybeans (NC 25)	9.83
Meal Hi-Pro (Sept.)	324.30
Meal Hi-Pro (Oct.)	294.30
(For more information, visit www. agfirstfarmers.com)	

Obituary

Lowell Slyter Aurora

Oct 23, 1941 - Sept 8, 2024

Dr. Lowell Slyter, age 82 of rural Aurora, SD, passed away at Avera McKennan Hospital in Sioux Falls on Sunday, Sept. 8, 2024.

Funeral services will be 11 a.m. on Thursday, Sept. 12, at Brookings First Assembly of God. Visitation will be from 5-7 p.m. on Wednesday, Sept. 11, at Eidsness Funeral Home. Burial will be 2 p.m. on Friday, Sept. 13 in Fontana, Kansas. In lieu of flowers, memorials are preferred to the family so they may be given to a donation of their choice.

Dr. Lowell Slyter was born near Havre, Montana, on Oct. 23, 1941. He was the youngest of four sons and moved to Paola, Kansas, at age four. He was active in 4-H and FFA showing sheep, cattle and horses. After graduating from Paola High School, Lowell earned a BS degree in Animal Science at Kansas State University in 1964. During college he competed in several rodeo events and his love of horses continued his entire life. Lowell married his college sweetheart, Sondra Furey, in 1964 in Manhattan, Kansas. He earned his MS degree at the University of Nebraska in 1966 and returned to K-State for his Ph.D. degree in 1969.

In 1970, Lowell took a research position with South Dakota State University and was stationed in Rapid City. In 1972, Lowell and Sondra moved to Brookings, South Dakota, for a teaching and

research position at SDSU where he pioneered research in fall lambing techniques. In addition to teaching numerous classes, "Doc" Slyter advised many students, taking a personal interest in each one. He was Block and Bridal Club advisor and won 2 National Championships as coach for the wool-judging team before retiring in 2001 as Professor Emeritus.

Lowell served on the Board of Trustees for the South Dakota Retirement System for 19 years.

Lowell was a relentless promoter of the sheep industry via regional broadcasting and national conference appearances. He was editor of The Sheep and Goat Research Journal for 8 years.

Lowell was an IFYE delegate to Jamaica and continued his international work helping to build churches, schools and housing in Spain and Guatemala. Lowell loved church. He taught Sunday School for over 40 years and served as deacon, worship leader and outpost commander for the Royal Ranger program for boys. Lowell also loved music. He played trombone, guitar and was known as "The Singing Cowboy" performing in nursing homes for many years.

In February of 2024, Lowell and Sondra celebrated 60 years of marriage and he lived on their acreage near Aurora, South Dakota,



Lowell Slyter

until his homecoming on Sept. 8, 2024. He will be remembered for his unshakable strength of character, his relentless commitment to excellence, and his unbridled drive to teach and serve.

Lowell is survived by his wife Sondra, two sons Trent and Travis and his brother David. He was preceded in death by his father Harry, his mother Helen and his brothers Leslie and Stanley.

Enid Roth - Brookings

Enid Jean Wilkins Roth, 93, died Monday, Sept. 9, at United Living Community in Brookings.

A memorial/prayer service is scheduled at Brookings First United Methodist Church at 3 p.m. on Friday, Sept. 13. Funeral services will be Friday, Sept. 20 at 1 p.m. at Sturgis United Methodist Church, with interment at Pine Slope Cemetery in Belle Fourche. Visitation will be Thursday, Sept. 19 at Black Hills Funeral Home in Sturgis, from 5 to 7pm. Eidsness Funeral Home is assisting the family with local arrangements. Local Survivor includes her daughter, Cheryl (James) Honomichl of Volga, SD.



Enid Roth

Court Report

Court report 8-15

CLASS II MISDEMEANORS

Rebecca Lynn Helget, 43, of 2517 Avalon Circle, speeding on other roadways, fined \$97.50.

William Alton Rigsbee, 70, Cologne, Minnesota, speeding on other roadways, fined \$97.50.

Frankie Herrera, 64, Volga, failure to renew registration during assigned month, fined \$132.50.

Joshua Noel Nelson, 30, Arlington, speeding on other roadways, fined \$97.50.

Timothy Lee Fletcher, 66

Sioux Falls, failure to renew registration during assigned month, fined \$132.50.

John Albers, 62, Omaha, Nebraska, speeding on interstate highway, fined \$97.50.

Eleanor Ann Vilhauer, 38, Volga, speeding on other roadways, fined \$97.50.

Ashton Tyler Voss, 17, of 876 Regency Court, speeding on other roadways, fined \$97.50.

Maria Alejandra Maldonado De Jesus, 26, Clark, speeding on interstate highway, fined \$117.50.

Gustavo Adolfo Fuentes, 65, Huron, speeding on other roadways, fined \$137.50.

Alder Yonadil Macedo Mensias, 27, Elkton, no driver's license, fined \$132.50.

Fredy Ariel Gomez Zetino, 30, of 702 Seventh Ave. S. No. 13, no driver's license, fined \$132.50.

Jamie Curtis Olson, 30, Sedan, Minnesota, seat belt violation, fined \$25.

Dominique Bilbo, 29, Sioux Falls, speeding on a state highway, fined \$97.50.

Teresa Ann Ronning, 36, of 850 Regency Court, failure to stop, fined \$132.50.

Shawn Alan Bins, 50, Crivitz, Wisconsin, speeding on other roadways, fined \$137.50.

Johnathan Shelby Hughes, 30, Hutchinson, Minnesota, speeding on other roadways, fined \$97.50.

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BREAKFAST MENU: (includes coffee & juice)

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CHILDREN 3-7 EAT FOR \$5.00 • CHILDREN 2 & UNDER EAT FREE!

AGRICULTURE

Thoughts on fall alfalfa and winter wheat varieties

Fall alfalfa management

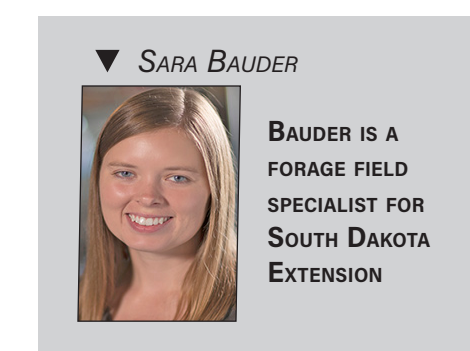
As fall approaches and temperatures decrease, it's important to decide whether that last late cutting is really worth it. I like to bring this up each year to remind growers about the trade-offs that come with late alfalfa cuttings.

Alfalfa requires about 500 uninterrupted growing degree-days to winterize- this translates to roughly six weeks (depending on temperatures). Alfalfa winterization typically begins about three weeks prior to the average date of the first 32°F frost. In South Dakota, this usually means late September - early October (check <https://www.weather.gov/unr/aff> for frost dates in your area).

Alfalfa plants determine winterization based upon day length and cooling average daily temperatures, hence the first average frost guideline. Plants cut during the winterization period will attempt to put on regrowth; this takes away from their ability to accumulate root proteins and carbohydrates, which may cause poor stand and vigor the following spring (think of a bear preparing for hibernation). It's important to weigh the odds of an additional cutting against potential stand losses.

To avoid winter injury next spring, it is best practice to leave the alfalfa in the field at this point per the frost date in most of South Dakota. However, if you had late cuttings this year (as many did) and are in need of feed there are a few things to consider:

1) For those looking to cut late in an effort to extend a high quality forage crop, cutting during winterization is a risk to weigh. The more stress an alfalfa stand sees during the growing season (ie: drought, insect pressure, disease, etc.), the more apt it is to experience winter-kill after a late cutting. If a field was cut multiple times (4+), it is more likely to have winter-kill issues than those that



▼ SARA BAUDER

BAUDER IS A FORAGE FIELD SPECIALIST FOR SOUTH DAKOTA EXTENSION

were cut fewer times. Younger standing, well-established, winter hardy/disease-resistant varieties may tolerate a late season cutting better than older stands or those that experienced heavy pest pressure over the growing season. Well-drained soils, adequate soil fertility, and insulating snow covers are also helpful in the way of avoiding alfalfa winter-kill. If the need for feed and price of hay outweigh the risk of stand loss next year, a late season cutting may be a risk you're willing to take.

2) Another consideration is harvesting after the winterization period; technically, it should be safe to take a cutting after winterization. This correlates to cutting after a killing freeze (23-24°F for several hours) after the plant is dormant. This is not as stressful to the plants as cutting during winterization, and can be a viable option for those who need feed and do not want to risk next year's stand. However, remember that you should leave 5-6" of stubble, which leaves some plant tissue and helps to reduce erosion. Leaving soils bare over winter is a recipe for erosion and will likely result in less snow cover with little plant residue on the soil surface.

Alfalfa stands may last several years in various parts of South Dakota. Taking care of stands and skipping late fall cuttings can help prolong plant vigor and overall stand for years to come; however, challenging years (like this one in many



Courtesy photo/Sara Bauder

Alfalfa winter-kill can be detrimental to forage yields; cutting late in the season can sometimes intensify the issue.

parts of SD) may have created forage shortages and require producers to make tough decisions. For more information on alfalfa see the forage page on our website (extension.sdstate.edu).

Winter wheat variety and forage trial results

The SDSU Crop Performance Testing program released the most recent winter wheat variety trial results recently. The crop performance testing program has been a popular, reliable, unbiased seed testing program in South Dakota for many years, turning over reliable data for public consumption.

This year, grain trials were held at

Brookings, Faith, Hayes, Mount Vernon, Onida, Pierre, Platte, Selby, South Shore, Sturgis, Vivian, Winner, and Wall. Forage trials were conducted at Brookings and Pierre. Find a trial near you to aid in decision making for this year's crop!

Please visit <https://extension.sdstate.edu/winter-wheat-variety-trial-results> to see the results digitally at any time. Don't see your favorite line or company represented? These trials are open, paid entry trials; it is up to each individual company/university to enter their varieties for testing. If you'd like to see more representation, please contact your seed dealer about considering entry into these valuable trials!

SDSU Extension to host sheep shearing school

BROOKINGS — South Dakota State University Extension will teach the skill of sheep shearing to current and prospective producers this fall.

The Sheep Shearing School is from Oct. 12-14, 2024, at the SDSU Sheep Research and Teaching Unit near Brookings. It is \$200 per person, and registration is required. To register, visit the SDSU Extension Events page and search "sheep."

Professional sheep shearers will provide hands-on training in safe animal handling, maintenance equipment and repair, wool quality and how to manage a sheep shearing business.

Throughout the school, participants will practice the handling and shearing techniques on live sheep. Jaelyn Whaley, SDSU Extension sheep field specialist, said it's a valuable opportunity to learn from world-class professionals.

"They really are learning from the best," Whaley said.

She recommends the school for all sheep producers, whether they want to shear their own animals or do it



SDSU Extension photo

SDSU Extension will host a sheep shearing school on Oct. 12-14, at the SDSU Sheep Research and Teaching Unit near Brookings.

professionally for others. In addition to the hands-on training and education,

Whaley said it's a chance to network with other producers and sheep shear-

ers in the region.

In 2022, there were 1.75 million pounds of wool produced in South Dakota at a total value of about \$2.1 million, according to the U.S. Department of Agriculture National Agricultural Statistics Service. As the wool market becomes increasingly dependent on high-quality wool, Whaley said producers can improve their profits by learning about wool quality.

"This school is an opportunity to learn so much more about the sheep and wool industry than just shearing a sheep," she said.

Whaley said more sheep shearers are needed in the region. For those interested in starting a shearing business, it can be a full-time profession or a way to diversify their existing operation.

"If somebody's willing to travel to different operations, it's definitely an opportunity," Whaley said. "You can do as much or as little as you want to."

For more information, contact Whaley at 605-374-4177 or Jaelyn.Whaley@sdstate.edu.

— From SDSU Extension

Wisconsin health officials recall eggs after a salmonella outbreak

(AP) — Wisconsin health officials initiated a recall of eggs following an outbreak of salmonella infections among 65 people in nine states that originated on a Wisconsin farm.

The Wisconsin Department of Health Services said in a statement recently that among those infected by salmonella are 42 people in Wisconsin, where the eggs are believed to have been sold.

"The eggs were distributed in Wisconsin, Illinois and Michigan through retail stores and food service distributors," the department said. "The recall includes all egg types such as conventional cage-free, organic, and non-GMO, carton sizes, and expiration dates in contain-

ers labeled with 'Milo's Poultry Farms' or 'Tony's Fresh Market.'"

The U.S. Centers for Disease Control and Prevention confirmed in a statement on its website that 65 people in nine states were infected by a strain of salmonella, with 24 hospitalizations and no deaths as of Friday. The states include Wisconsin, Illinois, Michigan, Minnesota, Iowa, Virginia, Colorado, Utah and California, the agency said.

The egg recall was undertaken by Milo's Poultry Farms LLC of Bonduel, Wisconsin, the CDC said.

"Anyone who purchased the recalled eggs is advised to not eat them or cook with them and to throw them away. Restaurants should not sell or serve recalled eggs," the Wisconsin health department said.

The department advised anyone who ate the eggs and is experiencing symptoms to contact a health care provid-

er. Symptoms include diarrhea, abdominal pain, fever and vomiting lasting for several days, the statement said.

The U.S. Department of Agriculture in July announced new measures to limit salmonella in poultry products. The proposed directive included requiring poultry companies to keep salmonella levels under a certain threshold and test for the presence of six particularly sickening forms of the bacteria, three found in turkey and three in chicken.

Bacteria exceeding the proposed standard and identification of any of the strains would prevent poultry sales and leave the products subject to recall.

The CDC estimates salmonella causes 1.35 million infections annually, most through food, and about 420 deaths. The Agriculture Department estimates there are 125,000 infections from chicken and 43,000 from turkey each year.

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THURSDAY SEPTEMBER 12, 2024

M = Mediacom S = Swiftel D = Dish Network DT = DirecTV

Main TV schedule table for Thursday, September 12, 2024. Columns include time slots (8 AM to 3:30) and various channels (ION, KTTW, KDLT, KESD, KELO, KSFY, KCPO, NWSNT, ESPN, BSN, FX, FREE, LIFE, USA, SYFY, TBS, TNT, AMC, A&E, HIST, HGTV, DISC, TLC, ANPL, NICK, TOON, DISN, TVLQ, EL, COM, VH1, PARM, FOOD, BRAVO, WE, TRAV, HALL, CNN, FNC, CNBC, HBO, MAX, PARSHO, STARZ, STZEN). Each cell contains program titles and descriptions.

THURSDAY EVENING SEPTEMBER 12, 2024

M = Mediacom S = Swiftel D = Dish Network DT = DirecTV

Evening TV schedule table for Thursday, September 12, 2024. Columns include time slots (4 PM to 11:30) and various channels (ION, KTTW, KDLT, KESD, KELO, KSFY, KCPO, NWSNT, ESPN, BSN, FX, FREE, LIFE, USA, SYFY, TBS, TNT, AMC, A&E, HIST, HGTV, DISC, TLC, ANPL, NICK, TOON, DISN, TVLQ, EL, COM, VH1, PARM, FOOD, BRAVO, WE, TRAV, HALL, CNN, FNC, CNBC, HBO, MAX, PARSHO, STARZ, STZEN). Each cell contains program titles and descriptions.

Advertisement for The Brookings Register. Text: 'Staying connected is easy... LOCAL NEWS | ENTERTAINMENT | BUSINESS SPORTS | TRAVEL | RECREATION | REAL ESTATE CLASSIFIEDS | AND SO MUCH MORE!'. Includes an image of a hand holding a smartphone displaying the website and a laptop keyboard.

Comics

PEANUTS



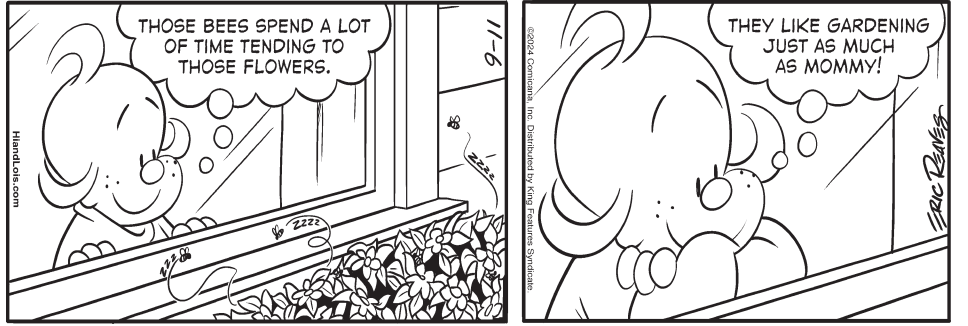
HAGAR THE HORRIBLE



GARFIELD



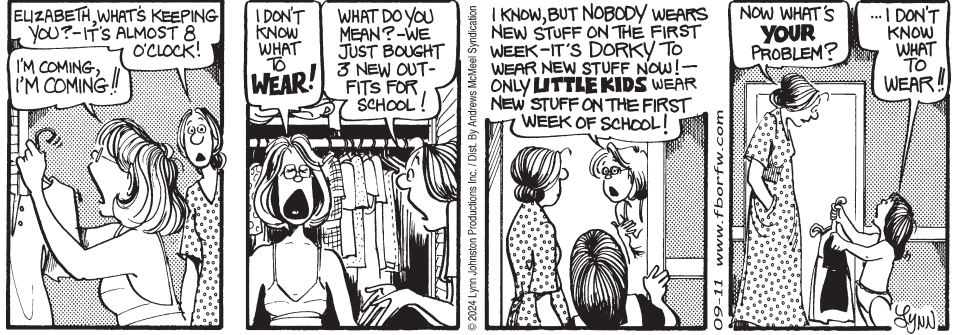
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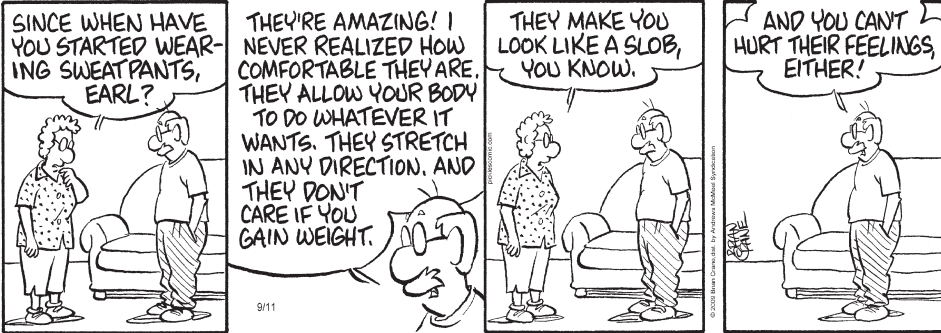
BABY BLUES



FOR BETTER OR FOR WORSE



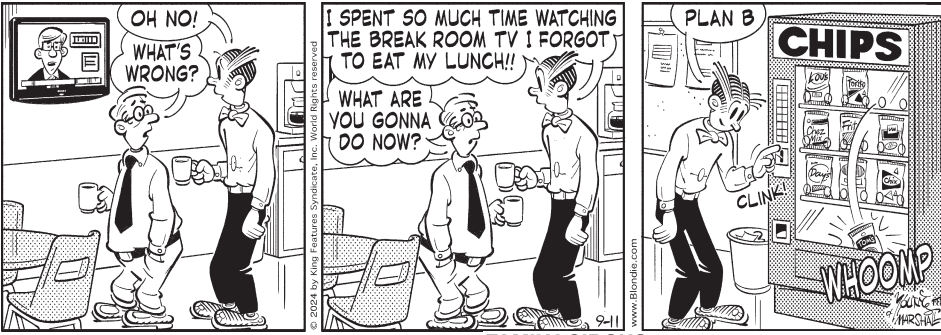
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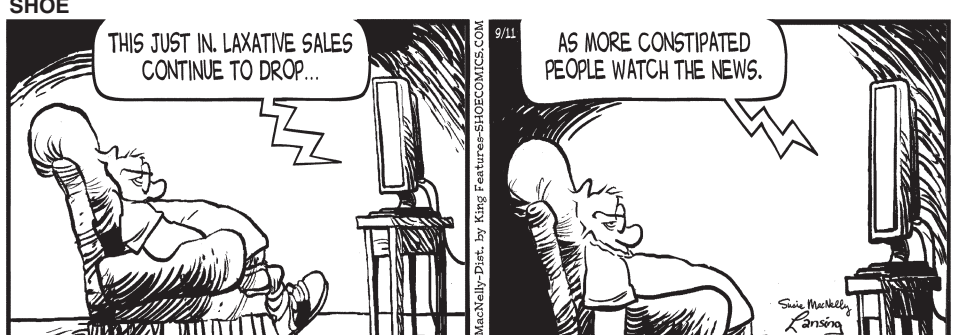
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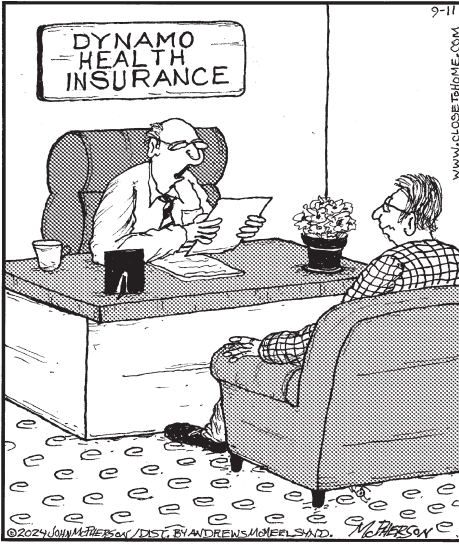
BLONDIE



SHOE



CLOSE TO HOME



FAMILY CIRCUS



Bridge

By PHILLIP ALDER

Barbra Streisand said, "I arrived in Hollywood without having my nose fixed, my teeth capped or my name changed. That is very gratifying to me."

Declarer might wish a low card were changed to a much higher one. Can you imagine wishing a high card were changed into a lower one? In today's deal, how should South plan the play in six spades after ruffing West's club-king lead? Would it make a difference if the spade jack were the three?

he would have opened one spade, not one diamond.) After North indicated spade support, four clubs and four hearts were control-bids (cue-bids) showing first-round controls in those suits and interest in a slam.

There is a temptation to play a spade to dummy's king, then to finesse the jack. Here, though, when it loses, declarer needs the heart finesse. When that fails also, the contract is down.

It is true that if East has queen-fourth of spades and no heart king, this line works well. But whenever spades are 3-2 (which is much more likely), the contract is laid-down without any finessing. Change the spade jack to the three. Now South draws two rounds of trumps, then plays

		North		09-11-24	
		♠ K 5 2			
		♥ A Q J 10 9			
		♦ Q 6			
		♣ J 7 4			
West		East			
♠ Q 9 3		♠ 10 8			
♥ 8 4 3		♥ K 7 6			
♦ 5 2		♦ 7 4 3			
♣ K Q 9 8 5		♣ A 10 6 3 2			
		South			
		♠ A J 7 6 4			
		♥ 5 2			
		♦ A K J 10 9 8			
		♣ -			
		Dealer: South			
		Vulnerable: East-West			
South	West	North	East		
1 ♠	Pass	1 ♥	Pass		
1 ♠	Pass	2 ♣	Pass		
2 ♣	Pass	3 ♣	Pass		
4 ♣	Pass	4 ♥	Pass		
6 ♣	Pass	Pass	Pass		
Opening lead: ♠ K					

Dr. Roizen

Age-related muscle loss can be halted with diet, exercise

By MIKE ROIZEN, M.D. AND MEHMET OZ, M.D.

Many people find that they're hitting their stride around age 35. But the body has other ideas. That's when the gradual loss of muscle mass begins. Folks typically experience a 1% to 2% loss of muscle annually up to age 60, then it accelerates to around 3%. This creates a condition called sarcopenia. And while muscle is lost, folks often substitute fat for muscle mass. That ups the risk for chronic health problems. For example, a recent study found that folks who have excess fat on their arms are 18% more likely to develop Alzheimer's and Parkinson's than folks with low levels of fat in that area.

But you don't have to accept the slow erosion of your strength and accumulation of excess fat.

1. Get enough protein. A meta-review of studies concluded that older adults should eat more than the recommended amount of protein

to counter muscle loss. The researchers suggested a 180-pound man eat 82 grams to 130 grams daily.

2. Do strength training (using resistance bands, your body weight, dumbbells, or weight machines) three to four times weekly.

3. Enjoy high-protein snacks and muscle-building supplements. Nuts, peanut butter, chia seeds and edamame satisfy hunger and help build muscles. Creatine, an amino acid made from arginine, glycine, and methionine, doesn't build muscle itself, but along with resistance training and a healthy diet, it may offset muscle loss, according to Harvard Medical School.

For more information on staying strong, read Dr. Oz's blog at iHerb.com/blog, "Dr. Oz's 9-Step Daily Wellness Routine," and sign up for the free newsletter at LongevityPlaybook.com.

Dr. Mike Roizen is the founder of www.longevityplaybook.com, and Dr. Mehmet Oz is global advisor to www.iHerb.com.

Celebrity Cipher

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"ZPS ZGSS IR DYVSGZH TKJZ VS
GSRGSJPSL RGIT ZYTS ZI ZYTS
CYZP ZPS VDIL IR MNZGYIZJ NUL
ZHGNUZJ." - ZPITNJ OSRRSGJIU

Previous Solution: "Always listen to your own instincts. You can never be intimidated by the people you work with." — Filmmaker Chris Columbus

TODAY'S CLUE: n t n e b n k

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Dear Abby

Dear Abby: A close male friend, "Will," ended our friendship without warning. I didn't know he had such strong feelings about my current arrangement. I have been dating a married man, "Bart," whose wife suggested he get himself a girlfriend if he wanted sex/intimacy/companionship. She also told him she would "never want to sleep with him again." It has been 10 years since they were last intimate or even shared a bed. They don't live together; Bart lives in his guest house. They share a son, which is why he doesn't want to leave.

As a parent, I understand. It's why I stayed in my own marriage for so long. The circumstances are less than ideal and something I never thought I'd be a part of, but I haven't felt this wonderful in years. My ex-husband and I were never this compatible. When I'm with Bart, it's magical, and I believe it's mutual.

For this choice of mine, Will has severed our friendship. He did it via text. I'd told him about it two weeks earlier, and he advised me to be careful. He called Bart and me "cheaters," but it's not exactly like that. I'm deeply hurt over this loss. I want to know if Will is in the wrong

DEAR ABBY



ABIGAIL VAN BUREN WRITES A NATIONALLY SYNDICATED ADVICE COLUMN

or if I am. — No Cheater In Arizona

Dear No Cheater: Does who is "right or wrong" matter at this point? Your friend Will does not approve of your affair with Bart because of his marital status and has chosen to distance himself. That's his privilege. You made an adult decision to engage in this relationship, and it has cost you a friend. Live your life, but don't be shocked if others also feel the way Will does.

Dear Abby: I've been dating a wonderful guy for the last six months. Our relationship is great, but he has an ex who is much younger than us (a 16-year age gap). He started seeing her while she was pregnant by someone else. She stayed with her until the baby was 3, but, given the circumstances, he continues to get the baby for weekends, etc. He is not on the birth certificate, but the baby knows only him as her dad. My problem is the ex.

She constantly calls or texts him for money or to say she bought things for the little girl. She has called him to come over to hang out, and, most recently, asked him to co-sign for a new car for her.

I'm not OK with the lack of boundaries, and I have said so. He hears me and has told her several times to back off, but she doesn't listen. It's causing arguments between us. The child isn't his actual child, but that fact obviously isn't changing anything. Should I walk away? — Third Wheel In The East

Dear Third Wheel: Your boyfriend is clearly attached to the little girl. You can't change that, nor should you try. That said, he is still with you in spite of the fact that his ex may be trying to get him (and his financial support) back. Whether you should grit your teeth and tolerate it isn't something I can answer. Your boyfriend can, however, and whether you should walk away is a question you should be asking him.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.



Andrew Holtan/Register

Sioux Valley's Keyra Kruse prepares to hit the ball during a sweep of McCook Central/Montrose on Tuesday night at the Cossack Center in Volga.



Andrew Holtan/Register

Sioux Valley's Adison Renkly sets up for a kill during a sweep of McCook Central/Montrose on Tuesday night in Volga. The Cossacks are now 6-0 on the season.

Sioux Valley remains unbeaten with sweep of MCM

By ANDREW HOLTAN
The Register

VOLGA - The Sioux Valley volleyball team improved to 6-0 on Tuesday night as the Cossacks swept McCook Central/Montrose at the Cossack Center.

The first two sets came easy for the Cossacks as they won by scores of 25-13 and 25-7. Sioux Valley trailed early in the third set but came back to earn the sweep.

"I think we were firing on all cylinders," said

Sioux Valley head coach Jill Vincent. "We passed the ball really well and our setters kept mixing it up."

After winning the first two sets with ease, the Cossacks fell behind 5-0 in the third set. Sioux Valley battled back and went on an 8-0 run in the middle of the set and were then able to put the Cougars away.

Vincent liked the way her team handled the adversity early in the third set.

"Usually if we get down 4-0 I call timeout, but they kind of had a look in their

eyes like, we can do this. I think the upperclassmen on the court at the time really said 'hey, we can do this one at a time.' We went on like an 8-0 run and it's nice to see us on that side of things rather than the other side," Vincent said.

Sioux Valley had 38 kills as a team and 35 assists. The Cossacks had 45 digs and 10 service aces.

Adison Renkly led the Cossacks with 12 kills, 11 digs and four service aces. Kaedyn Sapp had six kills and 13 digs. Keyra Kruse

had seven kills and Emma Gorvin and Lacey Langland each had five kills and two aces. Sunny Hesby had 22 assists and Machaela Gerasch had 10 assists. Caitlin Russell had 13 digs.

Vincent liked the way her players played at the net on Tuesday night.

"Keyra [Kruse] and Lacey [Langland] had really good nights and it was nice to see them get some really good kills. Adison and Kaedyn set the tone. They started off and got a bunch of kills at the beginning of

the second set and everyone started to work hard around them. When they can set the standard and the rest of them can play up to that, it's pretty nice," Vincent said.

It was the fourth-straight sweep and the fifth of the season for the Cossacks. Up next Sioux valley will head to Baltic to play in the Big East Conference Tournament on Thursday. Vincent said she thought her team did a good job of cleaning some things up after sweeping Castlewood on Saturday, but there are

some other things she'd like the Cossacks to work on ahead of the conference tournament.

"After the last game we wanted to clean up our front row free balls, and I think we did that tonight. We probably have to work on getting our blocks closed and playing around those blocks. Also some of the passing out of the back row. Our passers in the back row are a little frustrated with the digging situation, but I thought they did great tonight," Vincent said.

Twins bash Angels 10-5 behind homers by Farmer, Wallner, Santana

MINNEAPOLIS (AP) — Kyle Farmer hit a three-run home run in the second inning to provide a well-timed jolt for a sputtering lineup, and Matt Wallner and Carlos Santana also went deep for the Minnesota Twins in a 10-5 victory over the Los Angeles Angels on Tuesday night to stop a four-game losing streak.

Pablo López (15-8) won his fourth straight start on the strength of 10 strikeouts over seven innings without an earned run, withstanding a three-run homer by Zach Neto in the

fifth that cut the lead to 6-4.

The Twins (77-68), who had lost 15 of their previous 21 games, preserved a three-game edge with 17 games to go in the chase for the last of three AL wild-card spots in the playoffs that has tightened with their recent slide. Boston, Detroit and Seattle, the closest competitors, all began the night at 73-71.

Wallner hit a solo shot in the third and a two-run double with two outs in the sixth that chased Angels starter Griffin Canning

(5-13), who surrendered a career-high 10 runs on nine hits and three walks. One run was unearned, due to a grounder that skidded between first baseman Nolan Schanuel's legs.

Trevor Larnach reached base all four times he batted, with a single and three walks, and scored three times for the Twins, who also got two RBIs from Ryan Jeffers and a two-run shot by Santana for his team-best 21st homer.

After scoring only four runs on their four-game

skid and just 13 runs over their last seven games, the Twins had 10 hits to help send the Angels (60-85) to their 21st loss in their last 30 games.

López has been Minnesota's most valuable player since the All-Star break, stabilizing an injury-thinned rotation that's currently stocked with three rookies. He would've escaped the fifth inning without any damage, but a two-out error by second baseman Eduoard Julien on a bobbled ball and hesitated throw preceded an RBI single by Taylor Ward and the three-run blast by Neto for his 21st homer this season.

TRAINER'S ROOM

Angels: 3B Anthony Rendon went to the injured list for a third time this season, with an oblique strain. RHP Ben Joyce, the team's current closer, was also placed on the IL with shoulder inflammation.

Twins: CF Byron Buxton (hip inflammation), SS Carlos Correa (plantar fasciitis), RF Max Kepler (patellar tendinitis) and OF Manny Margot (groin strain) took live batting practice from minor-leaguers before the game. Correa, who has been out the longest at 49 games,



Abbie Parr/AP

Minnesota Twins' Kyle Farmer runs the bases after hitting a 3-run home run during the second inning of a game against the Los Angeles Angels on Tuesday in Minneapolis.

said this week he's close to returning.

UP NEXT

Angels: Rookie RHP Jack Kochanowicz (2-4, 4.89 ERA) takes the mound on Wednesday night. He has logged five consecutive quality starts of six

innings or more and three runs or less.


Twins: RHP Zebby Matthews (1-3, 7.36 ERA) pitches the final game of the series. The rookie has allowed 13 runs on 19 hits in seven innings over his last two starts.

2024 SOUTH DAKOTA

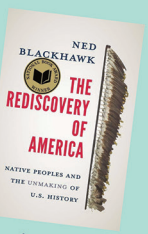
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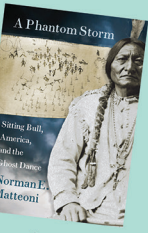



Brian Castner



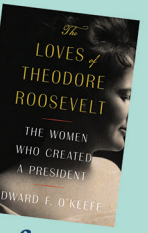


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Edward O'Keefe



More information at SDBookFestival.com

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