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# Sioux Valley NEWS

Volume 153,  
Week 1  
Thursday, January 4, 2024

Official newspaper for Lincoln County, Canton, Fairview, Harrisburg and the Canton and Harrisburg School Districts since 1872

USPS SECD 497460

## Got a Great Local News Story?

Tell us about it today!

## Canton Christmas Lights Contest

The Pay it Forward Canton Christmas Lights Contest was sponsored by Laura's Lattes.

The winners were:

- 1st Place - 601 E. Lynn
- 2nd Place - 901 Candy Court
- 3rd Place 520 N. Dakota

## Shop Late Thursday Jan. 4

Canton Small Business Group has selected the first Thursday of the month to stay open until 7 p.m. Come out and support your local shops in downtown Canton. See the ad on back page for more information.

## News Items

Remember, you can email, phone, drop off or mail any news items to the Sioux Valley News. Reach the News at 605-764-2000, [svn@midconetwork.com](mailto:svn@midconetwork.com), PO Box 255, Canton, SD 57013 or 213 E. 5th in Canton. A drop box is available for use when the office is closed.

## Firefighters Wanted

The Canton Volunteer Fire Department needs firefighters.

- Free Training
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- Must be 18 to apply

Apply at the City of Canton website or call 605-764-5126



Scan me to start a NEW subscription or to renew Online!

## Veterans Enjoy Christmas Meal

The VFW 3164 Lincoln County Post & Auxiliary held a Veteran's Christmas meal on December 21 at the Canton Good Samaritan Home. They helped serve a meal from Pizza Ranch to local Veterans that were in the home.

Lynda Johnson, Sharon Mitchell, Kathy Bahnsen and Kathy Keizer represented the VFW Auxiliary and helped with the meal.



## Warm Weather Helps Canton Pool Construction

The construction continues on the Canton Pool Project with temperatures above normal. Van Zee Enterprise has been pouring the cement and foundations for the pool.

Work will continue for as long as the weather holds out and temperatures are cooperative.



## Farmers State Bank Sponsors Craft Day at Blossom

Farmers State Bank sponsored a craft day for kids and young adults on Thursday, Dec. 28. Kids of all ages came during their Christmas break to make crafts at Blossoms. Becca Toso- Mahowald was busy explaining and teaching different crafts throughout the day. An easier craft was done in the morning for the younger kids. A more difficult craft was taught in the afternoon to older kids and adults.

You can see the other classes and activities she has on her facebook page Blossom, Arts and crafts.





### Charolyn "Chari" Hoogendoorn

Charolyn "Chari" Hoogendoorn, age 80, died Wednesday, December 27, 2023 at Centerville Care & Rehab in Centerville, SD. Funeral arrangements are pending. www.andersonandsonsfh.com

Alpha Epsilon fraternity. He had the art studios of Northwind Welding Works, Dakota Arts and W. Franklin T. Studio, all where he made welded art designs. He also farmed on the family farm south of Canton. Welding, auto mechanics, race cars and motorcycles were his favorite pastimes.

He and his wife, Elizabeth, were married on April 1, 1990 at Lands Lutheran Church, Hudson, and they lived in Canton.

Ward is survived by his sister, Gail (Gerald) Fenske; step-daughter, Cathy (Blaine) Olseth; step-grandchildren, Serena Sterling, Isabel Sterling and Lincoln Olseth; niece, Tara (Jerry) Stubbe; nephew, Erik (Tamela VanKalsBeek) Scott; and his dog Ohlin along many relatives, cousins and friends. He was preceded in death by his wife of 31 years, Elizabeth Twedt.

### Ward Franklin Twedt

July 28, 2023 - December 28, 2024

Ward Franklin Twedt, age 78, died Thursday, December 28, 2023 at Sanford Canton-Inwood Hospital, Canton. Memorial Service will be held at a later date.

Ward was born on July 24, 1945 to Franklin and Lela (Lund) Twedt in Canton. He graduated from Canton High School and received a Bachelor's Degree in Art from the University of South Dakota. He was a lifetime member of Sigma

## Southtown Commentary

By Pastor Jerry Miller



### Who is the Most Powerful?

I recently read that T. Denny Sanford has a net worth of over \$2 billion. Compared to most of us, his worth makes him seem quite powerful. I also read that Elon Musk has a net worth of over \$250 billion. Suddenly Sanford does not seem so powerful.

But the reality is that neither Sanford nor Musk are as powerful as their net worth might make them appear. Sure Sanford is powerful compared to me and Musk is powerful compared to Sanford, but none of us are powerful compared to God.

Proverbs 30:4 states, "Who has ascended into heaven and descended? Who has gathered the wind in His fists? Who has wrapped the waters in His garment? Who has established all the ends of the earth? What is His name or His son's name? Surely you know!" His name is Yahweh and his son is Jesus Christ.

The chapter goes on to show how dangerous it can be to slander a slave. Slaves were at the bottom of the economic and social ladder. Still an honest and trusted slave could reveal that a more powerful person was a liar. That powerful person could then quickly be humbled. Verse 10, thus shows that a servant can hold a lot of power. "Do not slander a slave to his master, Lest he curse you and you be found guilty." (Proverbs 30:10)

Rich men are powerful but so are kings. Kings are so powerful that access to their palaces is quite restricted. But like the liar that is humbled by the powerful truth of a slave, the king's power is limited and he can not keep everything out of his

palace. "The lizard you may grasp with the hands, Yet it is in kings' palaces." (Proverbs 30:28)

Powerful men can be humbled by slaves. Kings can be humbled by lizards. We can all be humbled by God.

Proverbs 30 shows us how God can use slaves, lizards, grasshoppers, and ants to put power into perspective. God is the one with the real power. He created the lizard, the grasshopper, and the ant. He also created the wealthy man, the king, and the slave. Jesus is our savior, but he is also our creator God. He is all powerful and we should be humble enough to realize he is the one who is really in control.

When you chose to follow him, you are choosing to follow power and you will be on the side of the most powerful. That however does not mean that you will become powerful yourself. In fact, if that is your goal, do not be surprised if a grasshopper humbles you. But if your goal is to worship and glorify Jesus, do not be surprised when he uses his power to protect and defend you just like the slave who was slandered in Proverbs 30.

As we start this new year, chose to follow our powerful God, Jesus Christ. Serve him, not to gain power for yourself, but because you recognize his powerful yet humble love. "For God so loved the world, that He gave His only begotten Son, that whoever believes in Him should not perish, but have eternal life." (John 3:16) www.southtownchurch.com

**WEEKLY GRAIN QUOTES**

Corn.....\$4.43  
Beans.....\$12.35

As of 12/29/23  
Brought to you by

**Farmers State Bank** **FDIC**  
Canton, SD **LENDER**

**Lunch With The Senior Bunch**

**What's for Lunch?**

- January 8** - Chicken fried, Mashed potatoes/gravy, Broccoli, Fruit
- January 9** - Liver & onions or hamburger, Creamed potatoes, Carrots, Fruit
- January 10** - Tuna casserole w/ Peas, Mixed veggies, Fruit
- January 11** - Cracked chicken, Company potatoes, Brussel sprouts, Fruit
- January 13** - Sausage gravy over biscuits, Hashbrowns, Oranges, Cranberry orange bar, V8 juice



**CONGRESSMAN DUSTY JOHNSON**  
Representing SOUTH DAKOTA

## New Year, Same Priorities

The New Year is a natural time to reflect on the past year and set priorities for the one ahead. House Republicans' priorities were listed in our Commitment to America at the beginning of this year, and we plan to keep working towards those goals in 2024.

In 2023, House Republicans passed 70 bills addressing our Commitment to America and held 866 committee hearings. Yet, there is still more to be done to secure the border, cut spending, counter the Chinese Communist Party (CCP), and boost American energy security.

**Border Security** - For months, House Republicans have called on the Senate and administration to secure our southern border. Earlier this year, the House passed H.R. 2, the Secure the Border Act, while President Biden's border policies have left the border wide open. We're consistently seeing record-breaking numbers of illegal immigrant encounters at the border. While the Senate and the Biden administration must act, the House will continue to work on policies to restart construction of the border wall, increase funding for U.S. Customs and Border Patrol agents, implement new technology at the border, and re-implement Remain-in-Mexico policies.

**Cutting Spending** - Since January 2021, I have opposed more than \$13 trillion in unnecessary spending. Our \$33 trillion debt is out of control, and we must restore sanity to our fiscal house. In 2023, Congress passed legislation to save \$1.6 trillion over the next ten years - a great step towards fiscal responsibility, but it's

just the beginning. House Republicans will keep working to right size our budget in 2024.

**Countering the CCP** - The Select Committee on China has been hard at work this year identifying key threats from the CCP and finding solutions to protect America's national security and stop human rights abuses. The Select Committee compiled much of its work into a report with nearly 150 policy recommendations to reset the terms of our economic relationship, prevent the use of U.S. dollars and technology from fueling the CCP's tyranny, and build collective economic resilience with our allies. While this year's work focused heavily on identification, I expect our work in 2024 to focus on championing these solutions and passing them out of the House.

**Bolster American Energy Security** - Relying on our adversaries like China and Sudan for energy production is dangerous. We need to increase American energy production for a cleaner, more reliable supply. House Republicans made big progress here by passing H.R. 1, the Lower Energy Costs Act. This legislation will unleash American energy and lower costs for families. We need an all-of-the-above approach to energy security using renewable and traditional sources. The Lower Energy Costs Act will do that.

These priorities should be near the top of Congress's and President Biden's list for 2024. We are privileged to live in the world's greatest nation, and I hope we can all work together to ensure it stays that way.



Laura Woods, Owner - Monument Consultant  
Rachel Scott, Monument Consultant  
Grace Woods, Monument Consultant

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Canton, SD 57013

## MEMORY LANE

**2014**  
Independent Insurance Agents of South Dakota members Drew Anderson, Peggy Van De Kieft and Dave Anderson presented Brian Severson with a \$750 grant check for the Canton Fire Department. The IIASD partnered with the South Dakota Fire Marshal's Office to support the Firefighter Essentials Program, a 140-hour education course that teaches the basic fire fighting skills.

The Canton Boys Basketball team was on the road facing the Blue Dragons of Garretson. Alex DeJong, made back-to-back three-point jumpers extending the C-Hawks lead to 58- 48. Canton held off the Panthers late making their free throws in the end and knocked off the #4 Panthers for the first time in over 12 match-ups.

The Canton Boys Basketball team squared off against the Orioles of Lennox. This was a rematch from last year's district game in which the Orioles knocked off the C-Hawks 33-42. Down the stretch the Orioles made their free-throws and went on to win 66- 60, handing Canton their first loss of the season.

The Canton C-Hawk wrestling team traveled to Elk Point on Saturday the 21st for the EPJ Huskies Invitational and came home with 3 individual champions

along with 2 second place finishers and one third as they scored 117 team points following Parkston 263 and Beresford 203 in the 14 team competition. Canton brought 10 wrestlers to the tourney and 9 placed in the top 5.

**1999**  
While many people were home watching football games on television on New Year's Day, Larry Atwood manager of Canton Square and Rare Necessities Antique Stores, was hosting a little party for his customers. Heavy Snow Friday did not stop Atwood's faithful following from going to the antique stores to have a taste of his famous oyster stew.

Betty Williams and Evelyn Fossum of the Lincoln Auxiliary #3164 to the V.F.W. presented fruit to Dorothy Markle and Bev Wright of the County Welfare office, to be distributed to the needy during Christmas. Plates of fruit and cards were also taken to members of the auxiliary and veterans at the Canton Good Samaritan Home.

**1974**  
A project which started about two years ago reached its climax recently when the Canton Rural Fire Service received their new John Bean volume and high-pressure fire truck. Chief Hammerstrom said, "even though the Canton Volunteer

Department mans the fire fighting equipment for rural association, the rural truck is strictly for rural fire, but an agreement is in effect, where the rural equipment can be used within the city limits of Canton if the need arrives."

Local citizens and others in the area are showing interest in the proposed Mini-Courses being planned at Canton High School for January 21, 1974.

The Public utilities Commission accepted tariffs filed by Northwestern Bell on December 20, 1973 for new telephone rates consistent with the December 12 Circuit Court order. The new rate schedules which will be effective January 1 will increase telephone charges \$.70 per month for business telephones, \$.30 per month for residence telephones and \$.20 for 8 party rural service.

**1909**  
E.F. Gardner and family arrived a short time ago from Mexico, New York settled on the W.D. Gardner farm near Fairview and will make their future home here.

Everybody come out and hear the great St. Olaf College Band. A varied program of standard, popular and classic music insures a rare treat, 3 soloists, clarinet, baritone (vocal), and trombone.

**Season's Greetings**

and many thanks!

May your holiday season be the merriest ever!

**Jerry's Appliance Repair**

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# Seven South Dakota Public Libraries Earn Accreditation

PIERRE, S.D. – Seven South Dakota public libraries were accredited by the State Library for 2024. These accreditations designate these libraries as some of the best in the state. Accreditations signify that they are meeting important benchmarks for providing high quality library services to their communities.

Accreditation in South Dakota is voluntary, and public libraries are accredited at one of three levels: Essential, Enhanced, or Exemplary. “By participating in this volunteer program, the staff and trustees of these libraries prove their commitment to quality library services,” said State Librarian George Seamon. “I invite all who live in these communities to go to your library and experience what they have to offer.”

Accredited libraries must meet the South Dakota Public Library Standards in the areas of

## A LOOK BACK AT THE STORIES AND HISTORY OF SOUTH DAKOTA

By Gaynor Johnson

For the first column of 2024, I was going to include another poem of mine concerning our snowfall on Christmas Day. Then I got to thinking that you're probably tired of my poetry and want me to get back to history which this column is suppose to be about. Putting this new poem aside for the time being I decided to have part 3 of historical facts from a great calendar the Brandon Historical Society put out in 2002.

I hope you all have a wonderful Christmas despite the white stuff and icy conditions we had. Also, I hope you didn't celebrate too much on New Years Eve and 2024 has been good to you so far and may it only get better.

A few things have recently come to my attention that you may want to put on your calendars. On Sunday, February 25, Russ Swanson will present “Three Days in Dakota the James Brothers Escape from Northfield” at the Old Courthouse Museum located in downtown Sioux Falls. Admission is free and will begin at 2 p.m.

The program will have detailed maps showing the documented stops the brothers had in Minnesota and Dakota Territory including Swanson's pasture north of Canton where they stole a horse back in 1876.

governance, administration, access, collections and resources, funding, staffing, technology, and public relations.

The following libraries were awarded accreditation:

- Canton Public Library – Essential**
- Custer County Library – Exemplary
- Piedmont Valley Library – Essential
- R E Rawlins Municipal Library (Pierre) – Exemplary
- Scotland Community Library - Essential
- Tripp County Library Grossenburg Memorial – Enhanced
- Wall Community Library – Essential

Accreditation is valid for three years. A complete list of all currently accredited libraries is available on the South Dakota State Library's website.

Also at the Old Courthouse Museum, Canton musician Bill Peterson and Friends will be performing at noon on Friday, January 5. This is also a free event. Former Newton Hills State Park manager, Marty DeWitt will perform on February 9 and Bob Bovee will be entertaining folks on February 23. Bob was part of a Minnesota duo that played at the very first Sioux River Folk Festival at Chautauqua Park in Canton back in 1980. For more information on these events please call 605-367-4210.

Speaking of music, the Lorie Line concert at the Canton PAC was a smashing success on December 20. I saw a lot of Cantonites in attendance and there was a large contingent of folks I'd never seen in our facility before. Hopefully these people will return to Canton for future shows and maybe tell their friends and family what a beautiful place our Performing Arts Center is. This could attract a lot of new attendees for future shows in Canton. And kudos to Paul Konietzko who did a great job providing music in the lobby of the PAC while everyone was arriving to hear Lorie Line.

So, no poetry this time. Just a list of facts I borrowed from a calendar. Happy Reading and Happy New Year!

### Excerpts from a 2002 Calendar by the Brandon Historical Society - Part 3

#### June-July

- June 4, 1878 - Railroad station built and first train comes into Minnehaha County.
- June 7, 1941 - Christening of the USS South Dakota.
- June 9, 1972 - Rapid City flood kills over 200 people.
- June 11, 1999 - Brandon Historical Society formed.
- June 18, 1878 - Townsite of Brandon was first surveyed.
- June 19, 1885 - Prairie schooners pass through Sioux Falls everyday bound for the farmland of Dakota.
- June 22, 1862 - Sample of prices in Dakota: Wagon, \$110, seeders \$75.
- June 24, 1885 - Good farmland in the Dakotas is selling for \$3-\$5 an acre.
- June 25, 1908 - The Cornerstone was laid for the state capitol in Pierre.
- June 26, 1875 - Cost of newspaper subscriptions were \$2 per year.
- July 1, 1962 - Brandon Valley School District is formed from Brandon and Valley Springs Districts.
- July 2, 1973 - City of Brandon is incorporated.
- July 6, 1963 - Zip codes went into effect.
- July 9, 1939 - The “Four Faces of stone” (Mt. Rushmore) was officially dedicated.
- July 10, 1963 - Brandon homes receive house numbers.
- July 11, 1934 - Brandon High School is recognized as a 4-year accredited school.
- July 16, 1862 - First land office opened in Dakota Territory.
- July 18, 1811 - 62 People and 118 horses began the first overland trip across what is now South Dakota.
- July 24, 1911 - Telephone service came to Brandon.
- July 26, 1966 - The Pathfinder Nuclear Plant began to generate power.
- July 27, 1931 - South Dakota is scourged by grasshoppers.
- July 1970 - Brandon population was 1431.

## Scholarships Now Available For Retail, Hospitality, And Trade Students

PIERRE (SD) – Careers in retail, hospitality and trades are in high demand in South Dakota. The South Dakota Retailers Association is offering scholarships to help students reach their goal of entering those fields. Students may apply online at [sdra.org/scholarships](http://sdra.org/scholarships).

The Retailers Association scholarship program is designed to assist students studying for a career as an owner, manager, or employee in a wide range of occupations. To be eligible for consideration, applicants must be currently enrolled or plan to enroll in a retail, hospitality, or trade course of study at a university, technical college, or trade school in the fall of 2024.

In 2023, the association awarded funds to six students in amounts ranging from \$2,100 to \$3,500. Since the program was launched in 1992, the Retailers Association has awarded 275 scholarships, totaling nearly \$238,000.

By investing in the next generation of aspiring business leaders, the

Retailers Association aims to continue their mission of fostering strong communities within South Dakota.

“Every community in South Dakota is eager to attract people who want careers in retail, hospitality and trade businesses,” said Nathan Sanderson, the association's Executive Director. “Our scholarship program can help launch those individuals on a rewarding career path. Investing a few minutes to apply could result in a scholarship award of \$2,000 or more.”

If you know a student in South Dakota who could use a hand reaching their goals, South Dakota Retailers want to help them succeed in our state!

Visit [sdra.org/scholarships](http://sdra.org/scholarships) to download the application and view the full eligibility guidelines, or call (605) 224-5050 for information. Submission deadline is Tuesday, April 23, 2024.

# Canton Library News

Tracey Zylstra, Librarian

Happy New Year! We are looking forward to great things going on here at the Library. One change we have made for the new year is that we will now only offer preschool Storytime on Wednesday mornings at 10:30. We will continue to offer Wednesday matinee movies and Thursday LEGO Club. If you are using our digital library, you will soon be able to view movies through Kanopy, on Overdrive. The new service should be available very soon, so please call the Library for more information. The Canton Civil War Days committee is finalizing plans for the gathering in August, we have a new historic display that showcases a few of the pieces we have from the Civil War. Stop by the Library and “check it out”!

### ADULT FICTION

The Cobbler of Spanish Fort and other Frontier Stories by Johnny Boggs (LP). A number of short stories tell the tales of quirky cowboys, revenge, humor, and heroes on the frontier.

A Quilt for Christmas by Melody Carlson (LP). A young girl, whose mother is sick and whose father is out of town, asks her widowed neighbor for help. When she finds out the neighbor is a quilter, she asks her to make a special quilt for her mother. A ragtag group of quilters comes together to grant the wish and find friendship and a new kind of family.

Unnatural Death by Patricia Cornwell. Scarpetta is investigating the savage death of two campers in Northern Virginia.

The Armor of Light by Ken Follett (LP). The long-awaited sequel to A Column of Fire heralds a new dawn for Kingsbridge, England. Progress clashes with tradition,

class struggles push into every part of society, and Napoleon's plan to become emperor of the world engulfs the entire continent and beyond.

Hero Wanted by Betina Krahn (LP). Rafe Townsend and Lauren Alcott are trapped into an engagement by their powerful business magnate fathers, but as faults of both are exposed, the wedding plans are in peril.

The Power of Poison by B.J. Magnani (LP). A once brilliant pathologist, Dr. Lily Robinson, has stepped away from the field following an experiment gone tragically wrong. Now the Russian government asks her to use her skills in pathology to thwart the sale of warheads filled with deadly poison between China and North Korea.

Coral Cottage by Jan Moran. Marina's life is falling apart, so she seeks refuge at her grandmother's beach house. There with grandma, she meets a struggling author, and now all things are possible.

Lion and Lamb by James Patterson (LP). Cooper Lamb, private investigator for the defense, and Veena Lion, sleuth for the prosecution, go head-to-head in the trial of a famous hometown hero accused of murdering their spouse.

Nine Lives by Peter Swanson. Nine strangers receive a list with their names on it in the mail. Nothing else, just a list of names on a single sheet of paper. None of the people know each other, but as very bad things begin to the people on the list, they find themselves constantly looking over their shoulders, wondering who will be crossed off next.

**Surf's Up!**  
Catch the wave of information at the Canton Library!

## Southeast Technical College President's List And Academic Honors

Congratulations to the following Southeast Technical College students that achieved the President's List or Academic Honors during the Fall 2023 semester. To be named to the President's List, students must be full-time (12 or more credits), seeking a degree and have a semester GPA of 3.5 or higher. To receive Academic Honors, students must be enrolled part-time (6-12 credits), seeking a degree and have a semester GPA of 3.5 or higher.

### PRESIDENT'S LIST

- Canton**
- Cami McWayne - Architectural Engineering Technology
- Jennifer Nyhus - Registered Nurse
- Harrisburg**
- Isaac Andal - Law Enforcement Science
- Ethan Bramstedt - Civil Engineering Technology
- Vanessa Hooks - Medical Assistant
- Elizabeth Jacobsen - Registered Nurse
- Teryn Jandel - Business Administration
- Ruby Mannes - Veterinary Technician
- Hannah Pickner - Surgical Technology
- Dylan Salonen - System and Network Security
- Madison Ziebarth - Law Enforcement Science
- ACADEMIC HONORS**
- Canton**
- Gracie Grove - Registered Nurse
- Jonathon Jennings - Business Administration
- Harrisburg**
- Eirik Anderson - System and Network Security
- Chelsey Brannan - Computer Programming
- Kylan Larson - Computer Programming
- Brittany Morris - Registered Nurse
- Stacy Osazee - Licensed Practical Nursing
- Daisha Quale - Bookkeeping
- Logan Schmidt - Computer Programming
- Benjamin Terzic - Computer Programming



## Happy 90th Birthday Eileen

Eileen Veenis turns 90 on January 9. Cards may be sent to her at 398 N. Hiawatha Dr. #5, Canton, SD 57013.

Love Moe's Kids

*Happy Birthday!*

**January 3**  
Michael Carpenter, Roger Simunek, Amy Gard Bertsch, Austin Stensland, Amy Stensland

**January 4**  
Bobbi Jo Ranshau, Jessica Oliver, Allison Englert, Kaitlyn Ekle

**January 5**  
Carol Trevvett, Brian Larson, Amanda Grosky, Jackson Baldwin

**January 6**  
Neal McGillivray, Tony Englert, David Anderson

**January 7**  
John Heinemann, Robin Kroger Anderson, Matthew Kroger, Kjersti Ellison, Jozella Higgins

**January 8**  
Sheena Edwards, Sarah Bentz, Jeff Sehr, Susan Anderson, Morgan Smith

**January 9**  
Eileen Veenis, Kenny Short, Joseph Kumlien

**January 10**  
Wheeler Gill, Tanner Larson, Patty Kroger

## Local Students Make University Of Sioux Falls Fall 2023 Dean's List

SIoux FALLS, SD (12/19/2023)- The University of Sioux Falls congratulates more than 600 students who made the Fall 2023 Dean's List.

To qualify, students must be enrolled in at least 12 semester hours and earn a term GPA of 3.5 or greater on a 4.0 scale.

The following local students make the list:

- Canton**
- Brenna Frick - Art
- Harrisburg**
- Hope Dunkle - English- Writing and Theatre Studies
- Makayla Erickson - Psychology and Criminal Justice
- Keira Kooima - AA Graphic Design
- Christian Nancy - Business Administration
- Macy Preator - Exercise Science
- Levi Smith - Media Studies
- Kristina Verbovskaya - Social Work and Social Science
- Mallory Williamson - Nursing



# The Story of the M Farmall

By Wayne Gedstad  
 The Dual 250 loader was bought new in 1957 at Mattheis Supply local dealer in Lennox.  
 The 51M came to Lennox in April of 1952 after eight months of waiting. Irving Gedstad came to pick up his tractor. This was about the last M sold before the Super Models came out. He drove home and my mom never forgot the first time it came up the driveway.  
 The M was hauling bundles of corn to put through a stationary chopper to fill the silo. The Chopper operator was upset. Dad asked what the trouble was. He couldn't get silage to the top of the silo. Dad offered to put the M on. At 4 the silo was full. By the time the flood waters hit Dave's and the M made it to help save things from the flood.  
 Plowing, two guys drove by realizing that they were head-

ing for a fire. The M was on the road, the guys knocked the fence down and lifted the plow over the fence. Dad took off just skimming the ground and got the fire stopped before it got to a neighbor's field. Driving by an uncle's place, noticing smoke, the M made a fast turn and into the farm yard. As the M was going to back up to a plow the gear shift jammed. Dad got it fixed and hooked on the plow and got the fire out before his uncle got home from the field.  
 A neighbor had hurt his back and a Cultivating Bee was organized. The M was there with a 4 row cultivator helping out. When they finished they fueled up all the tractors. The M's turn came and Dad told him not to fill it full since it wasn't full when it came, but it left filled full.  
 A Corn Picking Bee for a

neighbor who lost his Dad was held. The M with a 2M mounted picker took the load. Co-op came at noon to fuel the tractors and then again the end of the day, they donated the fuel. At noon they asked God to keep them safe and bless their work at the dinner prayer.  
 M helped haul silage to fill the neighbor's silo. I was deriving, no matter what the task, M could do it.  
 At the Threshing Show the story about the M was told and ended up with the 250 Dual with the hay stacker showing how the hay push off worked to complete its rich history.  
 Driving along at the end of the Show, a tractor wouldn't start. Do you need a pull? I backed up and hooked a chain to pull start, steel wheels were hard to pull, I got him started, the story goes on.

# OFF The Road With Jerry

**CANTON VFW LINCOLN POST 3164** 208 S. Main in Canton  
**New Year's Dance**  
*"Risky Business" is Playing*  
**\$10.00 Couple -- \$6.00 Single**  
 Prime Rib Dinner "All You Can Eat" .....\$9.95  
 Champagne at Midnight  
 Breakfast at 1:00 a.m.

This 1986 ad in Sioux Valley News shows how easy it was to enjoy a New Years Eve meal, dance and a champagne with breakfast after midnight. The band they hired was not a cheap band and there was good time for all.

**Why Go Out of Town?**  
 Enjoy the Best Band Around...  
**"ROCK ISLAND COUNTRY"**  
 AT THE HIAWATHA GOLF CLUB  
**Member-Guest New Year's Eve Party**  
**December 31, 1986**  
 Doors Open at 8:00 - Dance from 9:00-1:00  
 Breakfast Served at 1:00  
 \*\$20.00 Per Couple  
 \*\$10 Single  
 Includes: Breakfast & Champagne At Midnight  
**CALL 987-5169 OR 987-2744 FOR RESERVATIONS**

This 1995 ad was in Sioux Valley News advertising a good music provider. This was not a band, but an experienced music lover with a lot of music and good loud sound equipment. I used to DJ for high school kids in the Optimist Club I put dances at the Chicken Shack - called Jim's - on East 5th. Then I had dances in basement of Masonic Hall Building. There were others and the kids still liked the really good Rock Music of the 1980's

**FB Mac's** Open Sunday New Years Eve  
 CANTON, SD  
**Music • Bill Daniels DJ**  
 of KTWB and His 8-Second Sound System  
 \*\*\* Breakfast Served at Midnight \*\*\*

The was always a great place to go. I know, because we used to go there a lot. Great food and decent prices on beer and mixed drinks. This was a 1994 ad in Sioux Valley News.

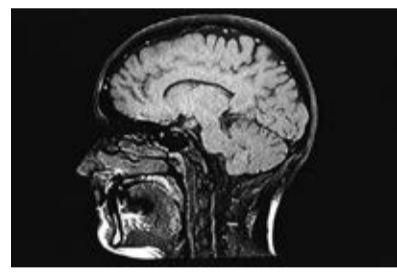
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**BLACK ANGUS STEAKHOUSE & KLONDIKE LOUNGE**  
 Canton, South Dakota

This 1991 New Years ad in Sioux Valley News was down in the Black Angus Steak house on East 5th Street. This building now is "Stitches." The Black Angus had modern music every once in a while, but there was not room for a dance floor.

# 5 New Year's Resolutions To Benefit The Brain

Resolutions made at the start of a new year often focus on personal improvement. Giving up poor habits like smoking or drinking too much alcohol and losing weight through diet and exercise are some popular resolutions.  
 Health and wellness certainly dominates the resolution landscape. Improvement-minded individuals interested in gaining long-term benefits from their resolutions this year may want to consider ways to improve brain health and function. Here are five ideas to consider.  
 1. Get moving: Exercise does the body good and even positively affects the brain. The American Academy of Neurology has found aerobic exercise may play a significant role in reversing and preventing cognitive decline. Researchers have found that even a little exercise each day can result in improved brain function in less than six months. Andrew E. Budson, M.D., a professor of neurology at Boston University, also says aerobic exercise releases growth factors in the brain, which

can help grow new brain cells.  
 2. Start a new hobby. When doing the same activities over and over, you eventually learn how to do those activities better. But doctors can't confirm this is actually helping the brain in a meaningful way. Rather, there is evidence that doing new things can be beneficial to the brain. So learning a new hobby, taking a class, or even learning to play a musical instrument can push the brain to improve from a cognitive standpoint, indicates The Healthy, a Reader's Digest brand.  
 3. Make more time for fun. Repeated stress can have detrimental effects on the body and mind. Harvard Health says stress has been linked to cognitive problems and a higher risk for Alzheimer's disease and other dementias. Taking time to relax and enjoy oneself can tame stress, and in turn, alleviate issues affecting memory and cognition.  
 4. Practice mindfulness more often. Mindfulness is an exercise in paying attention to one's surroundings, senses and more. Too

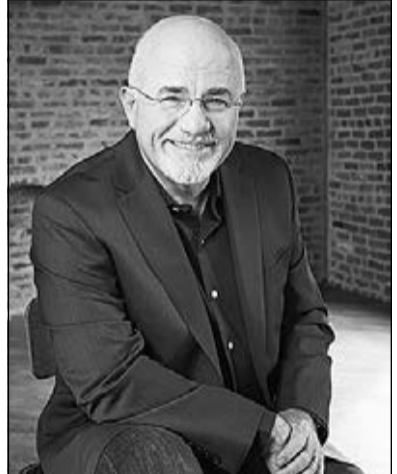


often people are multi-tasking and never fully devoting their attention to one thing. Mindfulness gives the brain a break and brings a person into the present.  
 5. Eat a better diet. The benefit of eating healthy foods extends beyond the waistline. Many of the foods that are good for the heart are important for preventing cognitive decline and dementias. A 2015 systemic review found strong evidence for a protective effect of the Mediterranean diet, according to researchers at Deakin University School of Medicine in Australia.  
 By making brain health a priority when coming up with New Year's resolutions this year, individuals can benefit for years to come.

# Dave Says: Don't Be Afraid to Start Small

Dave,  
 I'd like to slowly start a business online while working my regular job. But even though I'm in pretty good financial shape, I don't have much money left at the end of the month. I have no debt except for my house, and I also have nine months of expenses in my emergency fund. How can I start my business without borrowing the money?

wisdom you're showing by wanting to keep your full-time job while starting the business online.  
 So, yeah. Take three or four months of expenses out of your emergency fund, and move it to a designated business account. Watch your budget carefully, and keep spending to a minimum. Above all, don't take your business into debt. Grow it at the speed of cash. The best, most successful businesses don't outrun their money and other resources!



Dave Ramsey, author of Dave Says.

Kirsten,  
 I like where your head is. Start and run your business with cash. Period. Even if it takes a little while to get things off the ground. That should be a guideline for every entrepreneur.  
 But guess what? You may have more money on hand than you think. You're a little heavy on your emergency fund right now. I recommend people have three to six months of expenses set aside for emergencies. You could back your emergency fund down to six months of expenses, and move the extra over to an account designated for your business. After that, grow it slowly each month until you have enough to open your doors. You'd be surprised how much cash will pile up, even if you save just a little bit at a time.  
 The big thing, Kirsten, is don't be afraid to start small. Don't despise humble beginnings. Some of the best and most successful companies in America started as micro-businesses or cottage industries. I literally started my company on a card table in my living room. It's easier and safer in a lot of ways. So, I love the

—Dave  
 \* Leadership and small-business expert Dave Ramsey is CEO of Ramsey Solutions. He has authored eight national bestselling books, including EntrelLeadership, and is a host of The Ramsey Show and The EntrelLeadership Podcast.

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**Sioux Valley NEWS**

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# Peace on Earth

Peace on earth is a gift that generation after generation hopes to pass on to their kids and grandkids. South Dakota has a proud history of military service, and as we approach the holiday season, let us not forget the service to this country that has spanned generations. Let us not forget the families of current and past soldiers, as they also endured a great deal while their loved ones were deployed.

Together, let's continue to work towards peace on earth. Our world is continuing to face great challenges, but now is the time to sit by the fireplace or the Christmas tree and thank God for all we have – to thank the men and women that have secured and protected our freedoms.

Christmas is a time of giving and sharing. It is by far my most favorite time of the year.

I love the lights, decorations, holiday sweets – mainly sugar cookies – family gatherings, playing board games, listening to Christmas carols, hot cocoa, watching Christmas movies, and giving back to others.

As I listen to the Twelve Days of Christmas, I can't help but think about 12 great things that South Dakota has for our veterans.

There is no partridge in a pear tree, but there is one South Dakota Department of Veterans Affairs with a mission to serve veterans and families. Providing quality and effective service to veterans and their dependents is, and always will be, our number one mission. This one great department has one State Veterans Home and one State Veterans Cemetery.

Two VA healthcare systems located on the east and west borders of South Dakota (Sioux Falls and Sturgis).

Three claims' examiners serving in our Sioux Falls office. These claims examiners work tirelessly to ensure we are processing perfect claims. With their expertise, we can guarantee that claims are complete and submitted in a timely manner.

Four major providers furnishing free transportation to our veterans for their medical appointments (Disabled American Veterans, River Cities Public Transit, Prairie Hills Transit, and the VA).

Five veteran's cemeteries – one state owned and four tribal (South Dakota Veterans Cemetery – Sioux Falls, Oglala Lakota Veterans Cemetery in Pine Ridge, Rosebud Sioux Tribe Sicangu Akicita Owicaha – White River, Sisseton Wahpeton Sioux Veterans Cemetery in Sisseton, and All Nations Veterans Cemetery in McLaughlin).

Although there are over 20 veterans service organizations in the state, there are six of them that have representation on the South Dakota Veterans Council. Those six are: American Legion, Disabled American Veterans, Military Order of the Purple Heart, Paralyzed Veterans of America, Veterans of Foreign Wars, and Vietnam Veterans of America. The members of the service organizations serve as advocates and a political voice for our veterans.

South Dakota currently has seven South Dakota tribal veterans service officers located in Eagle Butte, Fort Thompson, Fort Yates, Pine Ridge, Rosebud, Sisseton, and Wagner.

There are eight Community Based Outpatient Clinics (CBOCs) in South Dakota for veterans to utilize for routine medical appointments in a more convenient location. CBOCs in South Dakota are in Aberdeen, Dakota Dunes, Pierre, Pine Ridge, Rapid City, Wagner, Watertown, and Winner.

The 988 Suicide & Crisis Lifeline, previously known as the National Suicide Prevention Lifeline, offers 24/7 call, text, and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis.

South Dakota has more than ten state benefits afforded to qualifying veterans including veterans' bonus,

free/reduced tuition, headstone setting reimbursements, veterans license plates, veterans' identification on driver's licenses, property tax exemptions, state park passes, discounted camping fees, hunting/fishing licenses, and military funeral honor reimbursements.

Collectively we have a state team of 11 subject matter experts that assist our veterans and train our county and tribal veterans service officers. There are six state veterans service officers located in our Sioux Falls Claims Office and five field service officers that travel all sixty-six counties and nine reservations.

South Dakota dedicates 12 bridges each year honoring fallen heroes who died in combat. To date, we have dedicated 41 state bridges honoring 44 heroes.

And if the stockings weren't full enough with these 12, we have 55 county veterans service officers covering 66 counties. Like the tribal veterans service officers, these VSOs serve as the local contact person for our state's veterans and their dependents, and they assist with making application for the various benefits programs that are available. They are our storefront.

Working together toward a positive future for our veterans and their families, we will ensure South Dakota continues to be a veteran friendly state.

We wish you and your family a Merry Christmas and a new year of peace and happiness. As you and your family gather this holiday season, please keep our heroes, past, present, and future, in your hearts. God bless our veterans, their families, caregivers, survivors, and our troops that are currently serving in harm's way. And may we as a nation always give them our very best.

Greg Whitlock, Secretary  
South Dakota Department of  
Veterans Affairs

## South Dakota Department of Health Implements Naloxone for Business Program

PIERRE, SD – The South Dakota Department of Health (DOH) has developed a program to allow businesses statewide to have life-saving Naloxone within their worksites to reverse opioid overdoses.

During the 2023 legislative session, HB1162 was passed into law allowing employers to acquire and make available on the employer's premises an opioid antagonist that is dispensed or distributed by a licensed health care professional.

Over the last several months, DOH has been providing training as part of this program—this training is available on the DOH website. Employers must complete training and instruction and develop policies and protocols to have Naloxone on premise, per HB1162. Protective Naloxone boxes can be purchased online and function like an AED wall mounted box. Businesses are encouraged to have a designated point of contact for routine monitoring of the Naloxone to ensure it is not expired and to replace the supply when it's been used.

As part of the program, DOH has also provided resources and materials for employers to train employees on proper storage, maintenance, and administration of the opioid antagonist. Resources of the Worksite Naloxone Policy and online training include:

- Signs and symptoms of an overdose;
- Safety precautions to consider;
- Definitions of an opioid and its effects on the body;
- Explanation of Naloxone and how it works;
- Administering Naloxone safely; and
- Activation of emergency services.

The department is rolling this out statewide to all offices and partnering with the Department of Social Services to provide additional training and resources for their staff and office buildings. Naloxone boxes have also been deployed throughout the State Capitol Building as part of this initiative.

For more information on the Naloxone for Business Program, please visit the DOH website.

At the heart of the Department of Health's mission is a simple yet profound goal: to protect and improve the health of all South Dakotans. The department is entrusted with the vital task of promoting wellness, preventing disease, and ensuring access to quality healthcare for all South Dakotans across our great state.

## Updated Policy for Personalized License Plates

PIERRE, S.D., -- The South Dakota Department of Revenue implemented a new personalized license plate policy on September 14, 2023. The new Department policy does not use the "offensive to good taste and decency" standard. The Department sent a letter in October to individuals who may have previously had their personalized plate application denied under the offensive to good taste and decency standard and informed them of the change in policy. Individuals were invited to resubmit their previously denied application as it may now be approved.

The Department is reasserting that any individual who was previously denied a requested personalized plate may reapply for that plate. The previously denied plate will be approved after payment of the required fees, compliance with all statutory requirements, and conformity with the newly adopted policy. Go to [www.sdcar.com](http://www.sdcar.com) and click on "CK A PL8" to check the availability of specific plate options. The new policy can also be found on the Department's webpage at [www.dor.sd.gov](http://www.dor.sd.gov).

## Letter To the Editor

Last Thursday evening I ate at the Sioux Valley Grille. I was sitting right behind the cash register. After my tab was brought to my table, a gentleman, almost came running up to me and grabbed the tab and said "I'll take care of this!" I was so shocked I said "why should you do that? Is it because of Christmas?" and he nodded yes and he disappeared into a bunch of people. The Bible in Hebrews 13:1-3 says "There are angels we aren't aware of" Whether Human or Angelic I am very thankful to that person, it made my Christmas being 83 years of age and I appreciate it! It feels good to know someone cares!!

Judy Carlson

## Letter To the Editor

Do we have a representative government in Lincoln County?

Let's look at a few items that have been on the Commissioners Agenda that I have concerns about.

**Justice center:** \$54 million project. Did we the citizens of Lincoln County get to vote on this? Who voted to approve spending this money and approve the site that has led to the use of eminent domain to seize the land of a Lincoln County citizen, for a driveway that the Architect had indicated was not necessary? If the Commissioners doesn't trust the firm, they hired to get access to the new Justice Center without the use of eminent domain, how can they be trusted to design the building?

Only the Lincoln County Commissioners voted on these issues. They needed to hire outside legal counsel to fight the property owner for his land. The property owner had to hire their own legal counsel to fight the commission. Who pays for the private Law firm that the county hired? We do! Who pays for the lawyer the private citizen had to hire? The private citizen. He gets to pay twice to hang onto his own land.

**CO2 pipeline:** Planning and Zoning had a proposal put together for the commissioners to approve so that there would be an ordinance in place before the PUC met earlier in 2023. Why did the Commissioners vote against this ordinance? In a vote of 2 to 1, Commissioner Landeen cast the lone nay vote, stating she was in fear of being sued by the pipeline companies if this passed by a majority vote. The citizens of Lincoln County along with many other South Dakota counties hired legal counsel to fight the CO2 pipeline, which are private-for-profit companies. Now, an ad hoc committee has been set up to give guidance to the commission, as they turned down the last Planning and Zoning proposal. Will the commissioners listen to this ad hoc committee recommendation?

**The Prison:** The only commissioner who was told about the new Prison before the public was made aware was Commissioner Schmidt, who was sworn to secrecy. I find it difficult to believe that word of this didn't get leaked out. What have the commissioners done to support the citizens of Lincoln County directly affected by the Prison location? We were told by the commissioners that their hands were tied! The Sioux

Falls Mayor said NO to the prison being in Sioux Falls. So, again the people were left to fight the battle and hire legal counsel to stop this inappropriate location for a Prison.

Update 12/26, 2023, the Commissioners did vote to authorize the State's Attorney's office to file an amicus brief with the Second Judicial Circuit Court on behalf of the County Commission supporting the landowner Plaintiffs' legal position and asserting the county's interest in 41CIV23-87, NOPE-Lincoln County Inc. et al. v State of South Dakota. The motion passed 3 to 1 with the lone Nay vote given by Chairman Landeen. Commissioner Schmidt had left his online presence at the time of the vote. I wish to thank the Commissioners for their support of this motion. Will be looking forward to seeing the finished amicus brief.

**Elections:** Citizens have made FOIA (freedom of information act) request for the public information from the ES&S vote counting Tabulators. For three years the people have been asking for this public information, hired legal counsel to get this public information, and the County hired outside legal counsel to fight the people's request. The public

information asked for are the CVR's, (Cast Vote Records) and audit logs. The Federal government requires the private for-profit Company ES&S to generate the CVR's and the audit logs for the very purpose of "ease of audit". Why would the county (commissioners and auditor), refuse the public access to federally required public data?

In every situation I have mentioned above, the tax paying citizens have had to hire outside legal counsel for their rights to be represented. So, the question I ask again, do we really have a representative Government? Are these elected officials taking citizens input into consideration or are they more interested in supporting private-for-profit companies? I struggle with all these questions, but my real question is, if we really elected these county officials, why do they not seem to be representing the people. Is our election Free, Fair and transparent? I believe, the only way we are ever going to have Free, Fair, and Transparent elections again, is to hand count the ballots at the Precinct level as we did until private-for-profit companies took over our election and replaced the citizens.

Linda Montgomery  
Fairview, SD



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# Writers and Writing

By Michael Tidemann

## Love's Guest offers inspiration and reflection

Every once in a while, a little book comes along that punches far above its weight, that offers more than initially meets the eye.

That's the case of Love's Guest, a slim, inspirational volume by Marc Aronoff of Lenox, Mass. The book is a collection of annotated selections from The Spiritual Dialogues by Saint Catherine of Genoa, born as Caterina Fieschi Adorno in Genoa, Italy in 1447.

Aronoff tells us that Saint Catherine experienced stigmata and healed a paralytic which led to her canonization by Pope Clement XII on April 30, 1737, more than 200 years after her death. Saint Catherine's other book was The Treatise of Purgatory.

Regardless of one's creed or religious inclinations, Aronoff and Richardson present a beautiful little volume, adorned with Richardson's lovely artwork. As I read through this inspirational text, I kept thinking of the poet Rumi, and sure enough, Aronoff offers us a Rumi poem at the end of the book.

Short, inspirational reflections appear on each page. If you're looking for a quick read-through, that could be done in an hour. However, if you're looking for something beyond that, you'll find an opportunity for hours of quiet contemplation.

The following passage probably best describes how one should regard Saint Catherine's treatise:

"Whoever hears or reads these words without the sentiment of Love makes little account of them, and they pass by like the wind. But if I could express the joy, the pleasure, and the peace which it brings to the beloved heart, all people who hear or read these words surrender without resistance."



The following two passages could have come straight from Rumi:

"Oh, Love, with thy sweetness, you break the heart that is harder than adamant and melt it like wax in the fire."

"Oh, Love, you make great people esteem themselves as the least of the earth, and the richest, as the poorest."

We can all benefit by reflecting on what Saint Catherine, by way of Aronoff, has written. In a time of war and political unrest, spiritual inspiration can take us above the dissension and conflict of everyday life. And that's the true value of this little book.

Love's Guest would make an ideal gift for someone at a special time – confirmation, graduation, wedding or for consolation. Aronoff has succeeded in appealing to all such occasions.

(Michael Tidemann writes from Estherville, Iowa. His Facebook page is Author Michael Tidemann.)

## Lake Area Tech Trap & Skeet Club Wins National Honors

Watertown, SD - The Lake Area Technical College Clay Target Team recently wrapped up a successful season that was highlighted by winning two national awards.

Earning first place in the USA Clay Target League was the Novice team. Athletes include Justin Haven (Agriculture) Brentford, SD; Elijah Fjerkenstad (Registered Nursing) Boyd, MN; Jacob Burckard (Diesel Technology) Bismarck, MN; Tyler Marotz (Aviation Maintenance Technology) Sioux Falls, SD; and Charles Lindgren (Human Services Academics) Watertown, SD.

Earning second place in the USA Clay Target League was the JV team. Athletes include Caeden Bunde (Agri-Business) Garretson, SD; Nick Letterick (Auto Body and Paint Technology) Howard, SD; Ben Pond (Welding Technology) Streator, IL; Eric Jensen (Diesel Technology/CNH) Brandon, SD; and Nathan Meyer (Agriculture) Tabor, SD.

In addition to the national rankings, the team also took third place in its conference with individual conference award winners Christina Zoellner (Agriculture) Groton, SD, earning sixth place and Olivia Throener (Agriculture) Cogswell, ND, earning tenth place. The Conference Team Top Shooters were Christina Zoellner (22.7 average) and Thomas Smith (Computer Information Systems) Brookings, SD, (23.5 average).

Team members receiving season 25 Straight awards include:

Ryder Daly (Agriculture) Columbia, SD - Week 5

Cooper Ernst (Welding Technology) Dassel, MN - Week 1, 3, & 5

Aeydon Johnson (Agriculture) Groton, SD - Week 1

Lucas Jones (Agri-Business) Pierre, SD - Week 1 & Nationals

Reid Leischner (Diesel Technology) Parkston, SD - Week 3

Isaac Loe (Automotive Technology) Pierre, SD - Nationals

Elijah Seymour (Professional Fixed Wing Pilot) Sioux Falls, SD - Week 5

Thomas Smith (Computer Information Systems) Brookings, SD - Week 2 & 4

Cloe Swanson (Welding Technology) Canton, SD - Week 3

The Lake Area Tech Trap and Skeet Club is coached by Cassy Behnke, Nick Smith (head coaches) and Kevin Behnke (assistant coach).

# How to Use Your Canton Cash



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You DO have to use the full amount. No change will be given.

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## Tips to Maintain Your Commitment to Exercise

At one point or another, millions of adults across the globe have resolved to be more physically active. The benefits of routine exercise are too numerous to cite, but some of the more notable ones include a lower risk for chronic disease and illness, improved self-esteem and greater overall health.

With so much to gain from routine exercise, it's no wonder so many people aspire to be more physically active. But it's easy to lose motivation when aspiring to exercise more. Each year, one of the most popular New Year's resolutions is to exercise more. In fact, Statista conducted a survey regarding New Year's resolutions for 2023 and found that exercising more was the most popular resolution. However, a 2021 study published in the International Journal of Environment Research and Public Health found that 64 percent of people abandon their New Year's resolutions within a month of making them. Exercising more requires commitment, and there are some ways to make it a little easier to maintain that commitment over the long haul.

Break it up. The Harvard T.H. Chan School of Public Health notes that people don't need to exercise all at once to reap the rewards of physical activity. If time is tight, break up a workout over the course of your day. Some strength-training exercises in the morning can be followed up with a brisk walk or run over a lunch break. This approach makes it easier to fit a full workout into your daily routine.

Employ the buddy system. The Centers for Disease Control and Prevention suggests that working out with a partner increases exercise motivation and encourages individuals to be more consistent with their exercise routine so they do not let their partners down. The authors behind a 2019 study published in the International Journal of Research in Exercise Physiology suggested the efficacy of the buddy system may require further study before researchers can definitively say it's an effective motivation strategy for people who want to exercise more. But there's no denying that many individuals feel that they are more likely to exercise with a friend than they are if they go solo.

Schedule exercise time. Busy professionals book work meetings, family obligations and other daily tasks in their schedules, and the T.H. Chan School of Public Health recommends doing the same with exercise. Allotting time to exercise each day may decrease the likelihood that you'll skip a workout, and once results start to manifest you may be more motivated to stay the course.

Identify what progress may look like. It's easy to become discouraged if a commitment to routine exercise does not produce visible results. But just because your abs are not becoming chiseled a month into a workout routine or the scale is not reflecting significant weight loss does not mean your routine is not working. As the human body ages, it becomes more difficult to transform it. So a workout routine that left you looking lean and chiseled in your twenties may not produce the same body in your forties. But that does not mean the exercise isn't working and ultimately helping you get healthier. Adults are urged to speak with their physicians and identify what progress with a workout routine might look like for someone their age. Progress may look different than it did years ago, but if the end result is a healthier you, then that should be all the motivation you need to keep going.

It's no secret that making a commitment to routine exercise can be difficult. But various strategies can increase the likelihood that individuals will stay the course as they seek to exercise more frequently.

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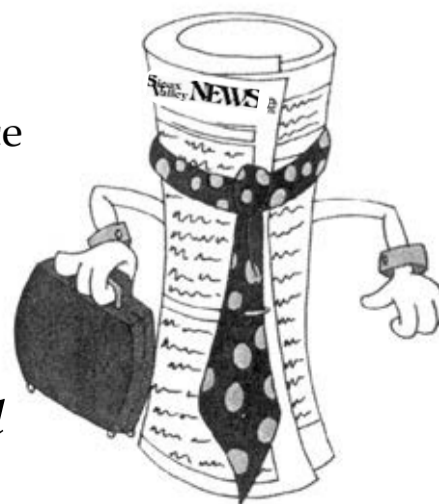
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IN CIRCUIT COURT
SECOND JUDICIAL CIRCUIT

Published in the Sioux Valley News on December 14, 21 and 28, 2023 and January 4, 2024 at the total approximate cost of \$62.32 and may be viewed free of charge at www.sdpublicnotices.com.

Notice of Hearing

NOTICE OF HEARING
STATE OF SOUTH DAKOTA
COUNTY OF LINCOLN
IN CIRCUIT COURT
SECOND JUDICIAL CIRCUIT
FILE NO: 41CV 23-862

Fairview Meeting Minutes
Fairview Town Board of Trustees
December 18, 2023
The Fairview Town Board met in regular session on this date.

Denevan to Patrice Michele Crotteau.
Melissa Nicholson Breit
Nicholson Law
4201 S. Minnesota Ave., Suite 113
Sioux Falls, SD 57105
(605) 335-7100
Attorney for Petitioner

Published in the Sioux Valley News on December 21 and 28, 2023 and January 4 and 11, 2024 at the total approximate cost of \$38.45 and may be viewed free of charge at www.sdpublicnotices.com.



Lincoln County Proceedings

THE LINCOLN COUNTY BOARD OF COMMISSIONERS was brought to order by the Chair, Tiffani Landeen, at 8:30 a.m. on December 12, 2023, with Commissioners Joel Arends, James C. Jibben, Michael Poppens, Jim Schmidt, present. Deputy Auditor Cristen Standley served as Clerk to the Board. Drew DeGroot, Chief Civil Deputy State's Attorney, Steve Rasmussen, Commission Administrative Officer, were also present.

Business Products, Oct-Dec Dispatch \$129.18; Language Line Services Inc, Oct & Nov Service \$221.28; Bluepeak, October & November Bill \$1,959.94; Centurylink, Monthly Charges \$21.04; Two Way Solutions Inc, Service Charge For Batteries (Alcester Tower) \$404.50; RURAL FIRE: Alcester Rural Fire Assoc 2nd Half Allocation \$3,018.73; Beresford Rural Fire Assoc, 2nd Half Allocation \$5,157.63; Canton Rural Fire Assoc, 2nd Half Allocation \$5,157.63; Centerville Rural Fire, 2nd Half Allocation \$3,018.73; Fairview Rural Fire Asso, 2nd Half Allocation \$5,157.63; Harrisburg Rural Fire, 2nd Half Allocation \$5,157.63; Hudson Rural Fire Assoc, 2nd Half Allocation \$5,157.63; Lennox Rural Fire Assoc, 2nd Half Allocation \$5,157.63; Tea Rural Fire Assoc, 2nd Half Allocation \$5,157.63; Worthing Rural Fire Asso, 2nd Half Allocation \$5,157.63; EMERGENCY AND DISASTER: Metlife Employee Life Insurance \$0.79; Timmerman, Harold, Room & Gas Reimbursement \$205.87; Cummins, Service Unit And Replace Battery/Replace Coolant Heater \$1,631.11; AIRPORT: Metlife, Employee Life Insurance \$3.12; Jensen Ins Agency 23-24 Insurance Premiums \$-4.88; Southeastern Electric Co-Op Inc, Electrical Utilities - Marv Skie Airport \$159.97; At&T Mobility, Cellular Services \$95.92; 24/7: Metlife, Employee Life Insurance \$3.12; Redwood Toxicology Laboratory, Ua Test \$475.00; MODERN/PRESERV: Cdw-G Inc, Roller Kit For Scanner \$270.20; Mcleod's Printing, Book Pages - Deed Side/Rural \$411.71; STATEWIDE SOBRIETY: Sd Attorney General's Office, November 2023 24/7 State Fees \$9,744.00; MODERN/PRESERV: Sdao, M & P State - November \$1,582.00; STATE MOTOR: Sd State Treasurer, Sd State Treasurer \$338,157.59; SALES TAX: Sd State Treasurer, Sd State Treasurer \$1,062,568.91; BIRTHS, DEATHS & TITLES: Sd State Treasurer, Birth & Death To State - November \$690.00

and amending the Official Zoning Map of Lincoln County. The Planning Commission recommendation for approval failed (0-5). MOTION by Schmidt and seconded by Jibben. Arends: "Aye" Poppens: "Aye" Jibben: "Aye" Schmidt: "Aye" Landeen: "Aye". Motion carried.

the employee handbook. MOTION by Schmidt and seconded by Arends. Arends: "Aye" Poppens: "Aye" Jibben: "Aye" Schmidt: "Aye" Landeen: "Aye". Motion carried.





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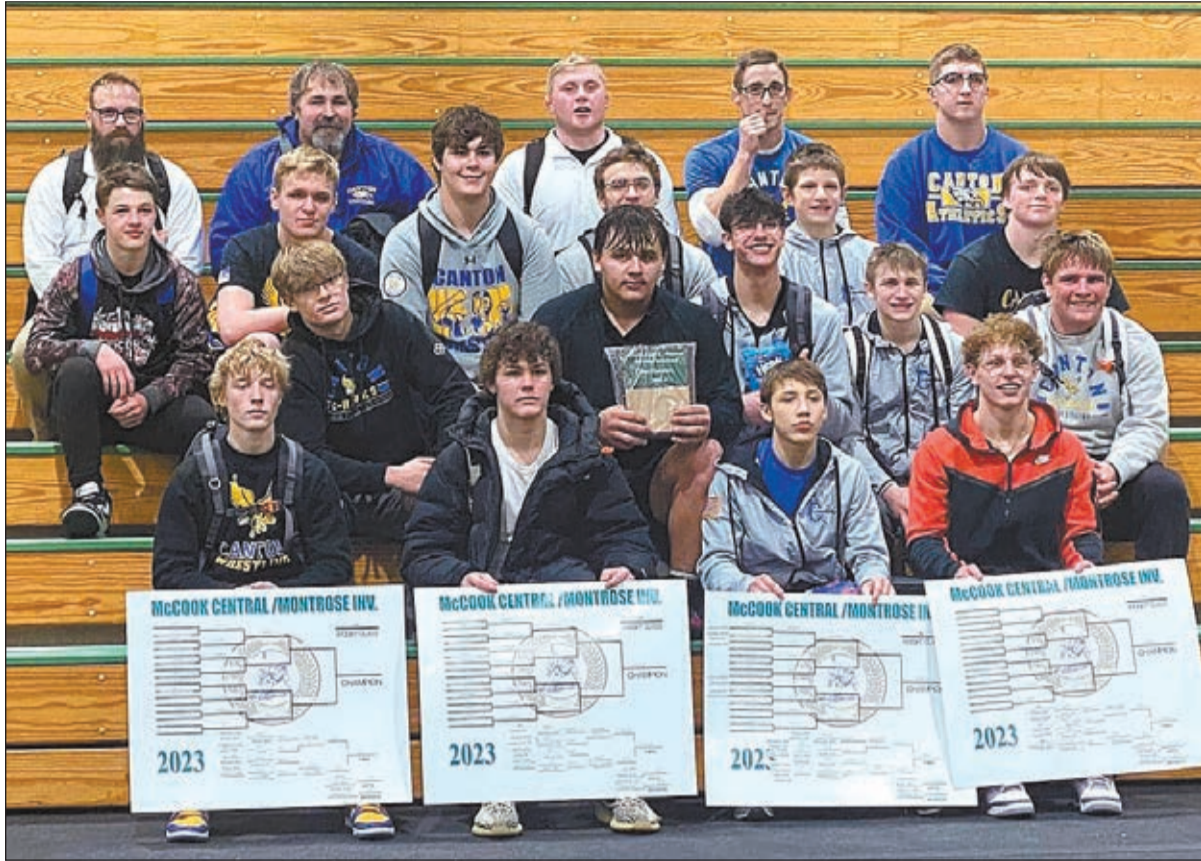
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# C-Hawk Wrestlers Win MCM Invitational

The Canton C-Hawk wrestling team traveled to Salem for the McCook Central/Montrose Invite and the Hawks took the team title in the 20 team tourney with the help of 5 champions, 2 runner ups and one 3rd place finishers. Canton will next travel to Lyman for the Mid Dakota Monster at Lyman High School on Friday and Saturday, January 5th and 6th with both days wrestling starting at 11:00 am.

Canton won the team title with 252 points outdistancing the field by 67.5 points. The Results were Canton 252, Phillip Area 184.5, Winner 168, Bon Homme/Avon 162, Kimball/White Lake/Platte-Geddes 117, Parker 104, Redfield 104, Howard 79.5, Wessington Springs/Woonsocket/Wolsey-Wessington 75.5, Marion-Freeman 73, Burke/Gregory 67.5, McCook Central/Montrose 67, Mount Vernon/Plankinto/Corsica-Stickney 61, Kingsbury County 47, Lyman 43, Flandreau 30, Potter Co 26, Canistota 11, Elk Point Jefferson 11, Scotland 0.



### Canton C-hawk Results:

**106- Carter Kendrick-** 1st Rd- WBF 1:40, Quarters- Won 19-2 tech fall in 3:42, Semis- Won 13-2 major decision, Finals vs Winner- Won a 5-3 decision for 1st place putting his record to 11-2.  
**113 Landon Walker-** 1st Rd- WBF 1:31, Quarters- Won a 17-1 tech fall in 4:48, Semis- Won 8-5, Finals vs Marion-Freeman- Lost a 8-6 decision for 2nd place putting his record at 16-3.  
**120 Zach Bartels-** 1st Rd- WBF 1:00, Quarters- WBF 4:57, Semis- Won a 5-3 decision, Finals vs Marion-Freeman- Won a 6-3 decision for 1st place and moved his record to 16-3.  
**126 Aiden Schrempp-** 1st Rd- WBF :41, Quarters- Won 14-7, Semis- LBF 4:54, 4th Rd- Won 7-1 decision, 3rd place match- Lost 7-2 for 4th place finish putting his record at 15-5.  
**132 Ashton Keller-** 1st Rd- WBF :52, Quarters- WBF :49, Semis- WBF 5:13, Finals vs KWLP- Won a 11-4 decision for 1st place moving his season record to 14-0.  
**138 Chase Adams-** 1st Rd- Won a 11-1 major decision, Quarters- LBF 1:16, 3rd Rd- Won 6-1, 4th Rd- Lost, 7th place match- Won a 6-5 decision for 7th place and a 11-6 record.  
**144- Teague Granum-** 1st Rd-

Bye, Quarters- Won a 12-4 major decision, Semis- Won a 15-2 major decision, Finals vs Parker- WBF 1:07 for 1st place and moved his record to 17-3.  
**150 Ayson Rice-** 1st Rd- WBF :45, Quarters- WBF 1:15, Semis- WBF 3:45, Finals vs Howard- WBF 2:54 for 1st Place and moved his record to 17-0.  
**157 Aidan Krantz-** 1st Rd- WBF 1:29, Quarters- WBF 1:14, Semis- LBF 3:50, 4th Rd- Won 15-10, 3rd place match- Lost 6-4 in OT for a 4th place finish and it put his record to 13-5.  
**165 John Halverson-** 1st Rd- WBF 5:51, Quarters- LBF 1:09, 3rd Rd- WBF 4:14, 4th Rd- Lost, 7th place match- WBF 3:17 for a 7th place finish and put his record to 11-9.  
**175 Gavin Neu-** 1st Rd- LBF 3:42, 2nd Rd- WBF 3:16, 3rd Rd- LBF 4:12 to end his tourney and put his record at 8-9.

**190 Carter Kreger-** 1st Rd- Won 8-5, Quarters- LBF 1:56, 3rd Rd- Lost 4-3 to end his tourney and Carter put his record at 9-7.  
**215 Hunter Richmond-** 1st Rd- WBF :51, Quarters- Won 10-0, Semis- LBF 5:50 to Parker with a 22-0 record, 4th Rd- WBF 4:08, 3rd place match- Won a 7-3 decision for 3rd place finish and it moved his record to 10-4.  
**Hwt Traun Cook-** 1st Rd- WBF :33, Quarters- WBF :42, Semis- WBF 2:18, Finals vs Redfield with a 18-0 record- LBF 5:56 for 2nd place finish in a tight match but got caught late in the final period against the wrestler he defeated in the state finals match last season in OT with a pin. Traun has a 18-2 record this season.  
**215 Gunner Swenson-** 1st Rd- Lost 8-6 in OT, 2nd Rd- WBF 1:42, 3rd Rd- Lost a 1-0 decision to end his tourney.



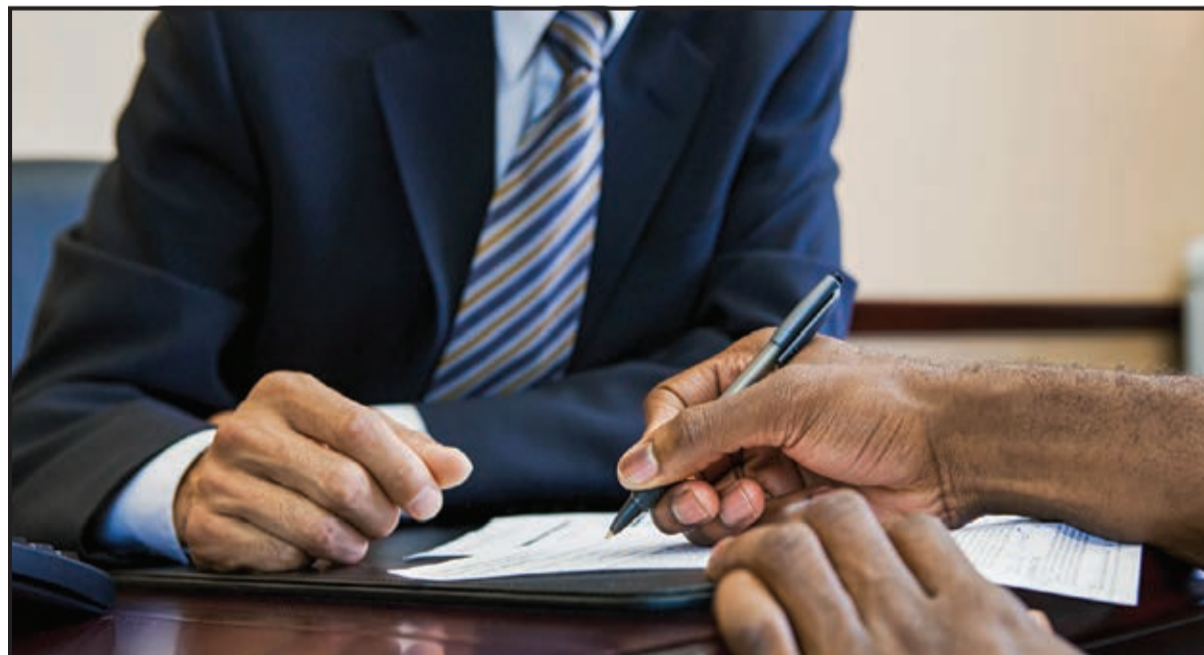
# Sportstalk

By Rich Beitzel

Christmas has come and gone and I already miss the Holiday because that means family usually gets together and has fun and eats something. We had a first in the Beitzel house as our 3 granddaughters were all together for the first time in their young life. We all got together on Saturday and it was crowded with all the dogs, presents and now kids but it was great to have everyone there with presents in front of them. Saylor, Hayden and Nora were so good during all the opening of gifts and like the old guy it was getting long but I didn't have anyone who would let me sit on their lap for a quick nap! As you can guess the Niners were popular for shirts and stuff along with many great gifts that I would never have guessed but one thing that shocked me and I am not sure how to handle it and that is I didn't get a ball cap this year. That wouldn't be that surprising except I can not remember the last Christmas I did not get a cap for a gift but maybe they all realized that Rich might have enough hats? I did get some t-shirts so that streak is still alive and some really good ones but then the kids finished it off by surprising us and replaced our tv because they didn't think the color was right and they couldn't fix it and of course we have watched it long enough we didn't even notice anymore so yes in came a new fancy one and luckily, they got it all set up or I would be without a tv for a long time. I hope everyone had a great Christmas season and now we get ready for the New Year Season and I can't wait to write 2023 on my checks all the way to February before I realize its 2024. Happy New Year to everyone and

please drive careful and get a DD and don't drink and drive because we don't want to lose anyone ever!  
 New Years season means college football bowl games and they have been going for a couple weeks with the big 4 left in the battle for the nations title and they are playing the first games on the 1st of January then on the 8th will be the national championship game. Also the National Championship game for SDSU and Montana will be on the 7th and I know there is a lot of Canton people heading down there to Frisco Texas but for me on my chair with the new TV I will be sitting in the tv room watching so have safe trips and go Jacks. Oh yea I am picking SDSU to win it so I can see someone I know during the celebration so when they do win all the Canton people run out on the field in front of the camera so I can see you. Have Fun!  
 School will be starting up again too soon for me as a bus driver but the sports will be kicking off real soon and the wrestlers head out to Lyman for the Mid Dakota Monster and it will be on January 5th and 6th with both days starting at 11am then they are home on the 9th with a dual meet against Lennox and Tea at 5:30. The basketball teams will host Dell Rapids on the 4th followed by traveling to Tea on the 8th then get ready because January is a busy basketball month and good luck to all the teams and lets go.  
 Well that's all for me and I will talk to you next year and 2024 will be the best year I hope and we can start with a SuperBowl win for the Niners despite last weeks game and then we get ready for Braves baseball.

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