

LOCALLY OWNED & OPERATED

FREE TIDBITS

of THE LAKE AREA
The NEATEST Little Paper Ever Read.™

Over 4 Million Readers Nationwide

January 2, 2024
Volume 12 • Issue #14

Serving Northeast South Dakota & West Central Minnesota • Advertising Information 605-924-1514 • Lynette@LakeAreaTidbits.com

SHERA'S POP-A-TOP
Goodwin, SD

FRIDAY SPECIAL JANUARY 5th
CHICKEN STACKER OR FRENCH DIP SANDWICH
SERVED WITH YOUR CHOICE OF FRIES OR TOTS

117 E. Chicago Ave
Goodwin, SD
(1 Mile South of Hwy 212)
605-795-3351
DINE IN/TAKE OUT

OPEN
Thurs & Fri 4PM-Close
Sat 2PM-Close
Sun @ Noon
Football Sunday
Closed Monday,
Tuesday & Wednesday

SATURDAY NIGHT HOMECOOKED SPECIAL
JANUARY 6th
HAMBURGER STEAK
SERVED WITH MASHED POTATOES AND GRAVY VEGETABLE AND TOAST.

LAUGH-A-BIT WITH TIDBITS

Sugar, flour, salt, water and yeast grew up together in jail...
Guess you could say they were bread in captivity!

Q: What did they call the sugar that went to space?
A: Intergalactose!

My doctor said my sugar is too high...
So I went home and put it in on a lower shelf!

TIDBITS® SWEETENS THINGS WITH

SUGAR

by Kathy Wolfe

This week, Tidbits has some sweet facts about sugar, a compound that occurs naturally in all foods that contain carbohydrates.

WE SELL USED CARS & TRUCKS

KRANTZ MOTORCITY.COM
WATERTOWN, SD

605-886-2714
Ask For JAKE
221 10th Street SW (HWY 20)
Watertown SD

WWW.KRANTZMOTORCITY.COM

We also sell portable sheds & small buildings for storage!
FREE DELIVERY & SETUP
Sizes from 8'X8' to 16'X40'

BUY OR RENT TO OWN

PAYING CASH FOR ANTIQUES

COLLECTIBLES • TOOLS
TOYS • FARM RELATED ITEMS
CREAM CANS • TRACTOR SEATS
STEEL WHEELS • HORSESHOES
WELL PUMPS • CROCKS
BUTTER CHURNS
SIGNS • GAS CANS...

Call Randy
605-868-9203
Watertown, SD

NEARLY ANY ITEM THAT HAS VALUE!

FIVE STAR MASSAGE

1030 14th St. SE, Watertown, SD 605-880-4773

For Fastest Service Schedule On-Line at:
www.fivestarmassage.com

Rochelle Hunter, LMT PN BA • Nurse Massage Therapist
fivestarmassage@hotmail.com

Dakota BAIL BONDS

One Call Puts You...
...Back with your family!
...Back to work!
...Back in your OWN underwear!

OWNER: **MARTY MACIEL**
707-334-2981
Serving ALL of South Dakota!

WE GOT YOUR BACK!

WATERTOWN---605-886-6883
ABERDEEN---605-229-8181
SELBY---605-649-6244
HURON---605-352-2122

SIoux FALLS---605-338-2499
BROOKINGS---605-692-1330
RAPID CITY---605-342-0002
STURGIS-SPEARFISH---605-347-0268

BONDING SERVICES
Available in ALL 50 States!
707-334-2981

"Keeping Ron's Memory Alive!"

Ron's Equipment Painting, Inc.

501 WEST 12TH AVE., MILBANK, SD 57252
KIM BJERKE and RYAN OLIVER
605-432-7972
HOURS: MON.-THURS 6:30AM-5PM

CALL US FOR ALL YOUR
SANDBLASTING, BEDLINER,
UNDERCOATING AND
PAINTING NEEDS.

**WE CAN ALSO WASH
OUT YOUR TRAILER
IN OUR TRUCK WASH BAY.**

• There are two sources of sugar, sugar beets and sugar cane. Sugar cane is a perennial grass that requires a frost-free climate with a lot of rainfall, since it takes about 660 gallons (2,500 liters) of water for every 2.2 pounds (1 kg) of sugar produced. Cane plants grow to a height of 10 to 20 feet. During harvest, the cane is cut just above root level, allowing new sprouts to grow for another harvest in 10 to 12 months. It's one of the world's oldest crops, with the country of New Guinea domesticating sugar cane around 8000 B.C.

• Brazil is the number one producer of sugar cane in the world. It was brought there by the Portuguese and by 1540, there were 800 sugar mills there. India is the second-largest. The United States is in tenth place, with the majority of production coming from Florida, Louisiana, Texas, and Hawaii. During his 1492 voyage, Christopher Columbus gathered sugar cane samples in the Canary Islands and carried them to other areas of his journey. The first sugar cane harvest took place in 1501 in the Caribbean island of Hispaniola. By the 1520s, there were sugar mills in Jamaica and Cuba.

• Sugar beets, a root crop, thrive in cooler climates, and have a growing season of about five months, providing for about 20% of the world's consumption. These beets are not the ordinary beets you might see in the grocery store. They are much larger with a single sugar weighing as much as 5 lbs. (2.2 kg). The U.S. is a major producer of sugar beets, with farms in Colorado, Idaho, Michigan, Minnesota, Montana, Nebraska, North Dakota, Oregon, Washington, and Wyoming.

• Sugar cane crops require 51% more land to produce the same amount of sugar as a sugar beet farm.

• During the sugar refining process, molasses is removed. The

continued on page 2

WANT TO PUBLISH A TIDBITS® IN YOUR AREA?

We provide the opportunity for success!

Call 1.800.523.3096 (US)

www.tidbitsweekly.com

FRIDAY FISH FRIES
ALL-YOU-CAN-EAT BULLHEADS JANUARY 5th
OR POLLOCK 5:30-8PM (or until gone)
PLUS... Baked Potato, Baked Beans & Bread

WINGS & TOTS WEDNESDAYS 5:00-8:00

TO GO ORDERS
Call 605-637-5291
Call Brenda today to visit about your future catering needs!
(605) 637-5291 or Brenda's Cell: (605) 742-4636

Midwest Dent
Paintless Dent Repair
Auto - Truck - Motorcycle
Hail Damage • Door Dings • Minor Collision

605-881-3926 • Watertown, SD
GREG KAISER.....605-881-3926
LUCAS KAISER.....605-880-7471

Call for FREE ESTIMATES and/or APPOINTMENTS
www.midwestdentinc.com

PHCC Service and Mechanical Contracting Since 1957

ANDOR, INC.
Taecker Plumbing and Heating
"The business that service built"

Visit Our 9 North Maple • Watertown, SD 57201
Retail Store (605) 886-2457 www.andorinc.com

East of Super 8 Hwy 81
515 14th Ave SE • Watertown, SD

AUTOMATIC
TRANSMISSION & GEAR

Specializing in Transmission Repair & Rebuilding

- Rebuilt or Exchange Manual or Auto Transmissions
- Clutch Replacement
- Differential • Transfer Case

Nationwide Warranty
Extended Warranties Available

Cory Jackson (Owner) (605) 878-4510

Take A Break at...

Senor Max's
Mexican & American Food
Watertown Mall

\$2 OFF ANY APPETIZER
with purchase of \$15 or more. Expires 01/31/24
MUST PRESENT COUPON WHEN ORDERING. NOT VALID WITH ANY OTHER OFFERS.
605-882-3252 Mon-Thurs 11am-8pm • Fri-Sat 11am-9pm • Sun Closed

continued from page 2

sugar cane or beets are crushed to extract the juice, which is boiled down to form sugar crystals. The thick brown syrup known as molasses is left as a by-product after the crystals have been removed from the juice.

• When it comes to foods, there are two types of sugar – natural and added. Natural sugars are just what you’d think, naturally-occurring, in foods such as fruits, some vegetables, and milk. Fructose and glucose occur naturally in fruits and plant juices. Both are monosaccharides, or simple sugars. When fructose and glucose molecules are bonded, it produces a compound sugar, or disaccharide. Sucrose, which is our common table sugar, is the combination of the two. Lactose,

the sugar found in milk, is a disaccharide made from the bonding of glucose and another simple sugar, galactose. Maltose is formed during the germination of grains, and is converted into malt.

• The American Heart Association’s recommendation for sugar intake an adult woman is 24 grams (6 teaspoons) of added sugar per day. That’s over and above naturally-occurring sugar. For an adult male, the amount is 36 grams (9 teaspoons) per day. Compare that to the current average consumption of upwards of 30 teaspoons of sugar per day.

• The United States is the largest consumer of sugar in the world. How has that consumption varied over the decades? Two hundred years ago, an American ate about 2 lbs. of sugar a year. In 1970, the amount was 123 lbs. How about today? That quantity is 152 lbs. in a year, about 6 cups a week. In 1822, the average American consumed about 45 grams of sugar every five days. (That’s the amount in one of today’s 12 oz. sodas.) Ninety years later, that figure had skyrocketed to 765 grams every five days, more than ten times the recommended intake.

• The number one source of added sugar in a person’s diet

is beverages, with soft drinks responsible for the majority. The average American drinks 53 gallons of soft drinks a year. Just one 12-oz. can of Coke contains 10 teaspoons of sugar, more than 80% of the daily recommended intake. You can consume two frosted Pop Tarts and a Twinkie for less sugar.

• It’s recommended that added sugars should not exceed 10% of a person’s daily calorie intake. Research indicates that worldwide, people consume more than 500 calories a day from sugar.

• Sugar content is listed on food packaging in grams, but how does that measure out? A gram of sugar is equal to ¼ teaspoon, so that 4 grams equals one teaspoon. This means that a Starbucks grande ice flavored drink contains 7 teaspoons of sugar.

• In order to be called “sugar-free,” one serving of a food must contain less than 0.5 grams of sugars, both natural and added. Reduced sugar foods have at least

25% less sugar than the regular version of the product.

• Drink one 12 oz. can of soda every day, and you will add enough sugar to your diet to increase the odds of developing heart disease by more than 30%. Those who drink 2.5 cans of soda a day are three times more likely to experience depression and anxiety than those who drink less. Excess sugar has been linked to cancer, and negatively affects its survival rates. Too much sugar has also been tied to memory deficiency and a drop in cognitive processes, as well as a significant chance of developing Type 2 diabetes.

• Sugar overload can produce mood changes including irritability and anxiety because of the cycle of blood sugar spikes and drops. Alertness is lowered and fatigue can actually increase.

• While pure cranberry juice has many health benefits, 12 oz. of sweetened cranberry juice contains 11 teaspoons of added sugar. And an energy drink gives you more than energy…it also gives you 10 teaspoons of sugar in a 12-oz. can.


• To dodge listing sugar as the first ingredient on a food’s label, manufacturers use different names, such as high-fructose corn syrup. This chemically-manufactured sweetener is made from corn syrup and is about 55% fructose, which requires your body to take more steps to break down into energy.

• A Czech gentleman named Jakob Christof Rad was the director of a sugar refinery in 1841 when he produced the world’s first sugar cube by pulverizing sugar, lightly steaming it, and re-forming it into teaspoon-sized blocks. He was granted a patent for the process in 1843. In 2013, Camille Courgeon of France fashioned the tallest sugar cube tower measuring 6 ft, 10 inches tall. Requiring 2,669 cubes, it took Courgeon 2 hours and 59 minutes to complete.

TIDBITS

NUGGET OF KNOWLEDGE

Brown sugar is crystalline sucrose that has been combined with molasses, which gives it the color and rich flavor. Powdered sugar is granulated sugar that has been pulverized to a fine powder.



17 NEW & OLD LOTTERY MACHINES & COLD BEER

PIZZAS COLD POP & COFFEE

JUST 1 MORE

Join us to watch your favorite games on our 3 TVs

CASINO

DARTS & OFF SALE BEER

Sunday 11am-Close • Monday-Saturday 9am-Close

717 S. Broadway, Watertown, SD 57201 • (605) 878-3211

Arrow Paper Products

Providing Paper, Point of Sale, and Card Processing



Best Pricing and Personal Agent

605-878-2200

716 West Kemp • Watertown, SD

WELCOME TO THE MIDLAND PLAZA!!

100 S. MAPLE ST. • WATERTOWN, SD

RESIDENTIAL AND COMMERCIAL SPACE FOR LEASE IN THE HEART OF WATERTOWN!!



Call today for more info!

(605) 868-2738

TO SEE MORE FIND US ON FACEBOOK



BODY IN BALANCE CHIROPRACTIC AND WELLNESS

(605) 878 - BODY

OPEN MONDAY-SATURDAY

1002 14TH ST SE, WATERTOWN, SD

MAGIC MILE

LAUNDRY • CAR & PET WASH

WASH & FOLD SERVICE AVAILABLE

605-886-3373

OPEN DAILY

MAGIC MILE CASINO

20 Lottery Machines BEER & PIZZA

MON-SAT 9AM-CLOSE

SUN 11AM-CLOSE

605-886-0202

520 10th STREET SE • WATERTOWN, SD

VETERANS ★ POST ★

by Freddy Groves

Homeless Veterans Grants for 2024

The annual Point-in-Time Count takes place on a given night in January every year and attempts to estimate the number of homeless who are out on the streets. The most recent one, done in January 2023, revealed that yes, what many of us sensed, there had been an increase in the number of homeless veterans -- 7.4% over the previous January.

To try to get ahead of the problem, especially given the coming January 2024 count, the Department of Veterans Affairs has announced millions to be spent on grants to help homeless veterans.

The Supportive Services for Veteran Families (SSVF) grants will give out hundreds of millions to organizations that help veterans and their families find housing, find more stable housing or avoid loss of their home. The exact amount of the grants is yet unknown.

But the Legal Services for Homeless Veterans and Veterans At-Risk for Homelessness Grants program will give over \$26 million to groups and organizations to help with the legal side of things: court proceedings, defense related to homelessness in criminal cases and legal representation.

VA efforts during 2023 saw progress in several areas despite the increase in the number of homeless veterans. During 2023, the VA awarded over \$1 billion in grants to groups and organizations for homeless veterans. Nearly 39,000 homeless veterans found permanent



Codington County American Legion Post 17

1412 9th Avenue SW • Watertown, SD

★ ★ ★ (605) 886-6243 ★ ★ ★

DRINK PRICES starting at just \$3.00

HAMBURGER & FRIES \$7.00 Daily!

★ ★ ★ Food Menu • Drinks ★ ★ ★

★ ★ ★ Dart • Pool • Pull Tabs ★ ★ ★

★ ★ ★ Lottery Machines ★ ★ ★

SPONSOR OF TIDBITS WEEKLY VET'S POST ARTICLE



OPEN: Mon-Thurs 11am-10pm
Fri & Sat 11-Close
Sunday: Closed except for bingo


housing, and over 145,000 veterans and their families were helped to avoid foreclosure on their homes. The HUD-VASH program helped 13,000 veterans find affordable housing as well as support services. Those support services follow the Housing First model, which uses a plan with specific steps: Get the veteran into housing and then ensure they can stay there by offering several types of support. That can include job training, education help, health care and legal assistance. Studies have shown that veterans who are in the Housing First program find housing much more quickly (in 35 days as opposed to 223 days).

For veterans who are either homeless or in danger of becoming homeless, go online to www.va.gov/homeless or call 877-4AID-VET (877-424-3838) to get help.

© 2024 King Features Synd., Inc.

LESTER'S GUN & PAWN LLC

"The Complete Shop for Guns & Pawn Loans"



Guns • Ammo

Debby Fairchild (Abers), Mgr.

1902 5th St. SE (S Hwy. 81)

(605) 882-4687

Watertown, SD 57201

WE BUY JUNK CARS

TOP DOLLAR PAID

B-N-D 24 HOUR TOWING

605-881-2634

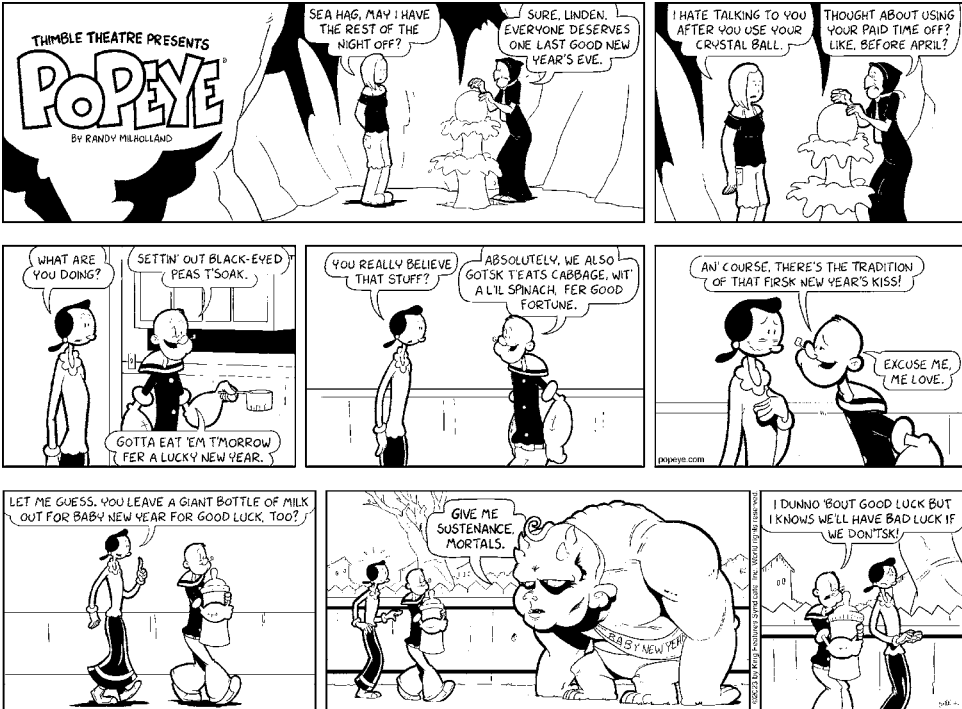
515 20th Ave SE

Watertown, SD 57201

We pay cash!

ONE HUNDRED DOLLARS

POPEYE brought to you courtesy of ANDOR, INC, Watertown, SD



Reader Contest. HAPPY NEW YEAR!!

MUTTLY'S
BAR &
GRILL
Clear Lake,
SD

PAGE'S
PLACE
Cafe &
Grill
Watertown

FIND THE THREE (3) **CLOCKS** (pictured to the right) in advertisements in this issue and enter to win a \$25 Gift Certificate for MUTTLY'S in CLEAR LAKE, SD and \$25 Gift Certificate for PAGE'S PLACE CAFE & GRILL, in WATERTOWN, SD.

This is exactly what you are looking for, only smaller ... like this one

PLUS A \$25 GIFT CERTIFICATE FOR PIZZA HUT IN MILBANK, SD
ENTRY DEADLINE FOR January 2, 2024, Volume 12, Issue #14 IS FRIDAY, JAN 12, 2024, 4PM

DEADLINE FOR Dec 19, 2023, Volume 12, Issue #13 was Friday, December 29, 2023 - 4 PM **SEARCHING FOR: (3) SANTAS**

\$25 Gift Certificate for The Pump 2.0 in Milbank, SD and \$25 Gift Certificate for the Bullpen Steakhouse in Lake Norden, SD. Winner Announced in Next Issue.

The Pump 2.0
Milbank, SD

Bullpen Steakhouse
Lake Norden

WINNER for December 12, 2023, Volume 12 Issue #12:
Susan Taylor

SEARCHING FOR: (3) ELVES
PRIZE: \$25 Gift Certificate for Angel's Attic Thrift Store in the Watertown Mall and \$25 Senor Max's in the Watertown Mall.

Locations for December 12, 2023 (v12 #12)
#1: The Pump 2.0, Milbank, SD, pg 2
#2: Automatic Transmission, SD, pg 4
#3: Graceville Market, Graceville, MN, pg 8

Angel's Attic
Watertown Mall

SENIOR MAX'S
Watertown Mall

Enter Only Once Per Contest
HOW TO ENTER:
RECORD THE 3 LOCATIONS AND SEND VIA...
MAIL: Reader Contest (Vol & Issue#)
P.O. Box 313, Big Stone City, SD 57216
WEB: www.LakeAreaTidbits.com
Click On Reader Contest
EMAIL: Sean@LakeAreaTidbits.com
ENTRY DROPOFF: 100 South Maple St., Ste. 106, Watertown, SD 57201
BY APPOINTMENT
PRIZES ARE MAILED WITHIN 2-3 WEEKS OF WINNING. NO SUBSTITUTIONS.

BEAUTIFUL BODY:
BLOOD

Blood ... the fluid that gives us life! If you don't know much about your blood, you've come to the right place. Tidbits has the details about this vital part of your body.

- About 8% of your body weight is accounted for by blood, approximately 1.325 gallons. About 55% of the blood is composed of plasma, the liquid part of the blood in which blood cells are suspended. 40% is red blood cells, those cells that carry oxygen from the lungs to the body tissues, and transport carbon dioxide and waste products away from those tissues. Hemoglobin is the iron-containing protein in the red blood cells that carries the oxygen, and gives blood its red color. One ounce of blood contains 150 billion red blood cells, with 2.4 trillion in one pint. Each cell is about 7 microns in size, about one-millionth of a meter. The body is

TIDBITS CLASSIFIEDS

BOOKS

ddr Books
7 South Maple Street,
Watertown, SD.
**Stop In And
See Us Today!**

REAL ESTATE / RENTALS

FOR RENT: Browns Valley - Valley Vista. 1 bedroom Apt. Heat/Water/Trash. Rent based on income. Equal Housing Opportunity. (320) 500-0946 or (270)-354-6446

FOR SALE

Nice furniture-style humidifier. 2 separate water reservoirs, variable speed fan, and variable humidity settings. Works well, I just no longer need it. 605.949.1424 After 4PM

but Type O has neither. A third type of antigen known as the Rh factor determines whether your blood type is positive or negative. If the protein is present, the type is positive, if not, it's negative.

- The most common blood type in the U.S. is O positive, and AB negative is the least common. Blood type can be dependent on ethnicity with more African Americans and Asians having Type B positive than Caucasians and Hispanics. In Japan, the most common blood type is A positive.

Americanisms

"First you take a drink, then the drink takes a drink, then the drink takes you."

— F. Scott Fitzgerald

© 2024 King Features Syndicate, Inc.

- It's a good idea to know your blood type in order to monitor your health. Yet more Americans know their horoscope sign (66%) than their blood type (51%)! Research indicates that blood type affects risk of disease. People with Types A, B, and AB blood seem to have an increased risk of coronary heart disease, with Type A having a 24% higher risk of heart attack. Type AB people have a significantly higher risk of stroke. A, B, and AB also have a higher risk of blood clots as well as pancreatic cancer. Type 2

diabetes seems more prevalent in those with Type A and B. A neurological study revealed that people with Type AB have a high degree of risk for cognitive impairment and memory problems, while Type O had the smallest risk.

- High blood pressure is the result of too much force against the walls of the arteries.

WE DO CATERING
Rosalie's
RESTAURANT, BAKERY & LOUNGE
DINE IN or TAKEOUT
605-698-7401
9 8th Ave E • Sisseton, SD
Mon-Wed 7am-2pm • Thurs-Sat 7am-9pm • Sun 8am-2pm
Black Hawk Lounge
Open Friday and Saturday 5pm-1am

**Call Us Today
for Birthdays,
Holiday Parties,
Family
Gatherings,
Business
Events & More!**
605-698-7401

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging

♦♦♦ HOO BOY!

answers on page 7

© 2024 King Features Synd., Inc.

TIDBITS®
of The Lake Area

LOCALLY OWNED AND OPERATED by
Sean & Lynette Athey

Office Hours: By Appointment
100 S. Maple Street, Suite 106 • Midland Plaza • Watertown, SD
Mailing: PO Box 313, Big Stone City, SD 57216
Sean: 605-924-1513 • Lynette: 605-924-1514
www.LakeAreaTidbits.com

Headquarters Bar

GREAT SPECIALS • STOP IN TODAY!

OPEN DAILY AT 3:00 PM

317 Studdart Ave. • Graceville, MN
320-748-7358 • FULL BAR • FULL MENU

Spuds & Suds

Open at 8am Mon-Sat
Closed Sunday

DAILY NOON SPECIALS

(605) 434-5770
115 Main Street
CORONA, SD

The Flower Box

Jill Hennessy, owner
Graceville, MN
320-748-7434
flowerboxthe@gmail.com
Monday-Friday 8:30AM-4:30PM



How to Give Your Peta Healthy, Happy NewYear

DEAR PAW'S CORNER: This week, many Americans are celebrating their newest gift to the family: a cute puppy or kitten, duck or chicken, or pocket pets like hamsters and guinea pigs. It's also a time to form new resolutions in anticipation of the New Year. I hope that new pet owners' first resolution will be to establish a relationship with a veterinarian with expertise in their specific pet.

Some pets need to start or continue a vaccination schedule so they grow up healthy — puppies are at risk of contracting

parvovirus, for example, so bolstering their immune system is very important. Your vet can also provide advice and tips for caring for pets. Guinea pigs, hamsters and rabbits communicate happiness or distress in unique ways that a new owner may not be familiar with. Puppies are wiggly and energetic. Kittens are curious and fearless. Vets can help new owners navigate these waters and provide regular checkups to help keep pets healthy. — Dedicated Vet in Boston

DEAR DEDICATED: Thank you for sending this! Establishing a care routine with a veterinarian is so important. It should sit at the top of owners' to-do lists, along with providing comfortable warm bedding, a clean and safe environment, and especially for puppies, a daily training routine. Mark your calendar with key dates, including checkups with the vet, appointments with a trainer and

regular resupply of food, litter, bedding and everything else your new pet needs.

Here's to a happy, healthy and fun New Year with your pet!

Send your tips, comments or questions to ask@pawscorner.com.
© 2024 King Features Synd., Inc.

SENIOR NEWS LINE
by Matilda Charles

Finding a Nursing Home

Choosing a nursing home isn't easy, even in the best of circumstances. Whether it's for you or a spouse, or for your parents, for now or for later, there are things you need to know and red flags to beware of.

When you want accurate information, you have to consider the sources you use. Ask friends and family for recommendations or warnings about local facilities. Go online to the National Institute on Aging (www.nia.nih.gov) and search for nursing homes and long-term care facilities. Print out their Medicare Nursing Home Checklist and take it with you to each facility. Check the Medicare Compare tool (www.medicare.gov/care-compare) for local facilities. Call the Eldercare Locator, at 1-800-677-1116, run by the U.S. Administration on Aging. Look for online news stories and reviews about any facility you consider.

Visits to the facilities you are considering are a must. Whether it's daytime appointments with a member of staff or sudden visits at night, what you see can be revealing. Try to time at least one surprise visit at mealtime. Is the

Just Like Cats & Dogs by Dave T. Phipps



food appetizing? Will it encourage seniors to eat? Are there low-sodium options, as well as foods for lactose intolerant residents? Try to talk to staff who actively work with the residents and ask questions.

Ask about the staff/resident ratio, the turnover rate and the level of training given to staff. How did they do during the Covid pandemic, as well as with other illnesses? Does the facility look and smell clean?

Find out about cost (do they accept Medicare?), social and recreation activities for residents, physical therapy and use of psychiatric drugs.

If anyone doesn't want to answer your questions, consider it a red flag.

Don't wait until the last minute to choose a nursing home. This is not a decision to make quickly. Start now to get a handle on the facilities near you; you'll be many steps ahead when the need arises.

© 2024 King Features Synd., Inc.

Homestyle Meals at an Affordable Price!

PAGE'S PLACE CAFE GRILL

MONDAY-FRIDAY 10AM-2PM
SATURDAY 9AM-2PM
MONDAY-SATURDAY 4PM-8PM
SUNDAY 9AM-3PM

CARRY OUT & DINE IN AVAILABLE WEEKLY SPECIALS

- TUESDAYS - BOGO BURGER NIGHT 4PM-8PM**
(DINE IN ONLY) Buy any burger on the menu, get 50% off second burger. See server for details.
- WEDNESDAYS - CHISLIC BASKET...\$9.99 4PM-8PM.** With your choice of 1 side.
- THURSDAYS - PASTA NIGHT.....\$14.99**
- FRIDAYS - All You Can Eat Rib Night...\$13.99** with Baked Potato, Coleslaw and Texas Toast

700 West Kemp Ave., Watertown, SD
PHONE: 605-753-0151

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Ottoman is turned. 2. Drawer is added. 3. Phone is moved. 4. Legs are shorter. 5. Hat is turned around. 6. Boy is moved.

GRACEVILLE MARKET Stop In And See Us Today!

Main Street
Graceville, MN
320-748-7392

RECIPE OF THE WEEK

APPLE CARAMEL PECAN PIE

1 purchased refrigerated unbaked 9-inch pie crust
1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
1 cup water
1 teaspoon apple-pie spice or ground cinnamon
4 cups cored, peeled and sliced cooking apples
1/4 cup chopped pecans
1/4 cup fat-free caramel topping
1/2 cup reduced-calorie whipped topping

1. Heat oven to 375 F. Place pie crust in a 9-inch pie plate and flute edges.

2. In a medium saucepan, combine dry pudding mix, water and apple-pie spice. Stir in apples. Cook over medium heat until mixture thickens and apples start to soften, stirring often. Remove from heat. Add pecans and caramel topping. Mix gently to combine.

3. Spoon hot mixture into prepared pie crust. Bake for 40 to 45 minutes. Place pie plate on a wire rack and allow to cool. Cut into 8 pieces. When serving, top each piece with 1 tablespoon whipped topping.

RECIPE BROUGHT TO YOU COURTESY OF Graceville Market, Graceville, MN

The Bullpen Steakhouse & Spirits

605-785-3111
511 Main Avenue • Lake Norden, SD
www.bullpenspirit.com
BREAKFAST: MON-SAT 7:00-10:30!

WEDNESDAY, JANUARY 3
SOUTHWEST CHICKEN SALAD
THURSDAY, JANUARY 4
HOT BEEF COMBOS
FRIDAY, JANUARY 5
SALAD BAR OR
HOT HONEY CHICKEN SANDWICH
SATURDAY, JANUARY 6
AFTER 5PM: PRIME RIB
HOT HONEY CHICKEN SANDWICH
10 OZ SIRLOIN
SUNDAY, JANUARY 7: CLOSED
MONDAY, JANUARY 8
PRIME RIB FRENCH DIP
TUESDAY, JANUARY 9
SLIDER BURGER BAR
WEDNESDAY, JANUARY 10
INDIAN TACOS
THURSDAY, JANUARY 11
HOT BEEF COMBOS

DAILY SPECIALS SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY.

THE BULLPEN LOUNGE
OPEN Weekdays: 3PM-LATE • Sat: NOON-LATE
MONDAY-THURSDAY HAPPY HOUR 4-7PM

Daily Specials and ON & OFF SALE

King Crossword answers on page 7

ACROSS

1 Melville captain
5 Male swans
9 Luau dish
12 Humorist Barry
13 Med. plan options
14 PC program
15 Barrel bottom bit
16 Concerning
17 Old Olds
18 Voice in an iPhone
19 Half of XIV
20 Rooters
21 Formerly called
23 "Morning Edition" aier
25 Humidor contents
28 Salad base
32 Maxim
33 Sean of "Rudy"
34 Bequest
36 Surround with light
37 Judge Lance
38 Approves
39 Iowa crop
42 WWII service member
44 "See ya!"
48 Some
49 "Legally Blonde" role

DOWN

1 Totals
2 Mata —
3 Say it's so
4 2013 Keira Knightley film
5 Sour cream tidbits
6 Hotel chain
7 Ho-hum
8 Away from NNW
9 Brazilian rubber
10 Frank
11 Wall St. debuts
20 Clean slate
22 Upright
24 Bit of mischief
25 Baseball's Ripken
26 Chemical suffix
27 Joke
29 JFK info
30 Goose egg
31 — -cone
35 Cried in pain
36 Tertiary Period epoch
39 Give a darn
40 Burden
41 Deli loaves
43 Jai —
45 Bailiwick
46 Eliot Ness, e.g.
47 Nile vipers
49 Punk rock off-shoot

© 2024 King Features Synd., Inc.



CLEAR LAKE
SOUTH DAKOTA
HOURS
OPEN AT 4PM TUES-SAT
SUNDAY 2:00 PM

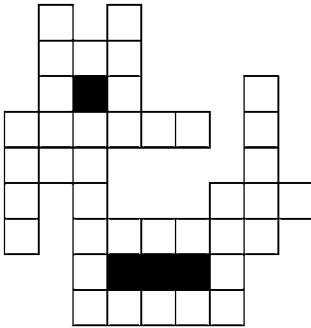
HAPPY NEW YEAR EVERYONE!
WE ARE LOOKING FORWARD TO
SEEING YOU IN 2024

107 3RD AVENUE SOUTH • 605-874-6888

FEAR
By: rj
johnson

KNOT
DOUBT? ... OR DARE!


OET
LAGOID
LYDIA
AFYR
SYMIER
♥TCA
LCLE
COTSI
LFY
MACOIT
ECGYA
ADTE



answers on page 7

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

Fear Knot brought to you by MUTTLY'S in CLEAR LAKE



by Lucie Winborne

• The first 72 hours in jail pose the highest risk of death for an inmate, for any reason.

• The cat in “The Godfather” was a stray that director Francis Ford Coppola found in the studio and handed to Marlon Brando before the shot. The animal took a shine to Brando and settled in his lap, purring so loudly that the crew was afraid the noise would drown out the dialogue!

• And speaking of cats ... cheetahs communicate with house cat-like meows rather than roars like most big cats.

• Benjamin Franklin sold chocolate in his print shop in Philadelphia.

• Forget about whether pineapple belongs on a pizza -- how about snake? For a limited time snake will be on Pizza Hut’s menu in Hong Kong, as the restaurant partners with another eatery known for its snake stew.

• A tool bag lost during a spacewalk orbits Earth and is visible to people on the ground.

• Researchers at George Washington University found that the skin behind our ears and between our toes has a different set of microbes than those found on more frequently washed areas, so heed Mama’s advice and don’t forget to scrub them.

• In 1873, billiards became the first sport to have a world championship.

• Prior to the 17th century, common folk seated themselves on stools and benches, while chairs were designed for royalty and the rich.

• Pogonophobia is the fear or dislike of beards.

• For Scrabble’s 50th anniversary in 1988, a giant game utilizing six-foot tiles that required two large men to lift was played in Britain’s Wembley Stadium.

© 2024 King Features Synd., Inc.



Jeff's
VACUUM
CENTER
10 S. Broadway
Watertown
605-886-7208

Save Big Now:
★ Special offers in our online catalog at jeffsvaccenter.com
★ In store specials
10-35% off popular gift items!



Vacuums



Hard Floor Cleaning



Specialty Vacuums



Microfiber



Wagner

“He has a few good years left if he skips New Year’s Eves.”



BY
DEMI
TAVERAS

“Priscilla” (R) — Since it is so often the case with Hollywood to tout out similar movies back-to-back while interest is still up, we all knew that a foil to Baz Luhrmann’s “Elvis,” which tells the story of musical legend Elvis Presley, was surely on its way. And a year later, it came by way of Sofia Coppola and Presley’s ex-wife, Priscilla. In this biopic, Cailee Spaeny plays a young Priscilla just as she meets the man who would become one of the most popular singers in the world, and her future husband, this time played by Jacob Elordi. While the film didn’t wow at the box office, it received positive reviews from critics for Spaeny and Elordi, with Spaeny snagging a nomination for Best Actress at the Golden Globes. Out now to rent. (Amazon Prime Video)

“Good Grief” (R) — Dan Levy (“Schitt’s Creek”) makes his directorial debut in this comedy-drama film out Jan. 5. A true triple threat, Levy stars as the lead character, while also directing and having written the screenplay himself. At the film’s start, his character, Marc, is struggling with the unexpected death of his husband, and after spending a year grieving with his best friends, Sophie (Ruth Negga) and Thomas (Himesh Patel), the trio decides to go on a weekend getaway to Paris. This weekend proves to be a rebirth for Marc and his friends, as they all work to unearth the inconveniently intense feelings that they’ve all been harboring. Luke Evans, Emma Corrin and Kaitlyn Dever make appearances in this very touching and strong debut from Levy. (Netflix)

In Case You Missed It

“Official Competition” (R) — Multimillionaire businessman Humberto Suarez reaches his 80th birthday and feels that he doesn’t have anything long-lasting to show for it. On a whim, he decides to produce a film that can live on past his lifetime, with eccentric director Lola Cuevas (Penelope Cruz) at the forefront. Lola has a strict creative vision for this film, which includes hiring two egotistical lead actors from different sides of the acting spectrum. Method actor Ivan Torres (Oscar Martinez) isn’t fond of pomp and glamour, while Hollywood actor Felix Rivero (Antonio Banderas) relishes in everything celebrity and combining the two results in a chaotically hilarious performance. Cruz, Banderas and Martinez were the perfect trio for this Spanish black comedy. Out now. (Hulu)

Courtesy of Netflix

Dan Levy makes his directorial debut in “Good Grief.”

“The Morning Show” (TV-MA) — This critically acclaimed show starring Jennifer Aniston and Reese Witherspoon is an addicting binge-watch. Aniston plays Alex Levy, co-anchor of “The Morning Show” alongside Mitch Kessler (Steve Carell). When Mitch’s sexual misconduct results in his firing from the show, Alex is forced to protect her job and reputation. Meanwhile, West Virginia field reporter Bradley Jackson finds herself like a fish out of water when she lands the position as co-anchor. After its first season, the show expands on topics like racial inequality, the Russian-Ukrainian war and the Capitol riot. All three seasons are out now. (Apple TV+)

© 2024 King Features Synd., Inc.

Thought for the Day:

“If you can’t fly, then run. If you can’t run, then walk. If you can’t walk, then crawl. But whatever you do, you have to keep moving forward.”

-- Martin Luther King Jr.



Welcome to
Rausch
Granite

Granite Monuments,
Memorials & Headstones

Rausch Brothers Monument Company has built a legacy of trust though our craftsmanship and longevity. Generations of Rausch artisans continue to earn that trust by designing and building granite memorials and monuments that last; be assured every monument is truly seen as representing a life – a life that deserves to be remembered.





Free Estimates

(605) 862-8155 • 14450 488th Ave. • Big Stone City, SD

See Much More at... www.rauschgranite.com

Horizons Thrift Store

710 Main Street. • Wilmot, SD

OPEN WED-FRI 1:00-5:00 PM • SAT 10-2

CURTAINS & BLINDS

1/2 PRICE

COME AND SEE WHAT IS NEW FOR 2024!

*See store for details. Some exclusions may apply. Limited time offer.

Jurgens Oil Company

Gas Station & C-Store

Sinclair


Gas & Diesel

Pop • Candy • Beer • Ice • Sandwiches
Piccadilly Pizza • Fried Foods.
Bulk fuel delivery • Body shop: 605-938-4279
Hwy 15 Wilmot • 938-4641
Hours: Mon-Sat 6am-9pm • Sun 8am-9pm

Wilmot Foods

Your Locally Owned Full Service Grocery Store

Mon-Sat 8:00am to 7:00pm / Sun 10:00am to 4:00pm



TIDBITS QUOTE

“Every cookie is a sugar cookie. A cookie without sugar is a cracker.” -- Gary Gulman

Blessings Big & Small Christian Store

Heide R. Kuhlman, owner
605-878-2323
GtFaith@hotmail.com
Like us on Facebook!

20% OFF Any Regular Priced Item!

WITH COUPON

Watertown Mall
1300 9th Ave SE, Suite #96
Watertown, SD • 605-878-2323

Aberdeen Mall
3315 6th Ave SE, #58
Aberdeen, SD • 605-725-2537

Brought to you courtesy of Blessings Big & Small

BIBLE WORD SEARCH

by Elie's Spiritual Treasures

Psalm 30:7-8

answers on page 7

LORD, when you favored me, you made my royal mountain stand firm; but when you hid your face, I was dismayed. To you, LORD, I called; to the Lord I cried for mercy:

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

Find the **bolded/underlined** words in the diagram. They run in all directions — forward, backward, up, down and diagonally.

WWW.SEARCHING-FOR-JESUS.COM

top ten

WORLD'S LARGEST METEORITES

1. Hoba West, Grootfontein, South Africa 54.4 TONS

2. Ahnighito (The Tent), Cape York, West Greenland 30.9 TONS

3. Bacubirito, Mexico 27 TONS

4. Mbosi, Tanganyika 25 TONS

5. Agpalilik, Cape York, West Greenland 20.1 TONS

6. Armaniti, Western Mongolia 20 TONS

7. Chupaderos, Mexico 14 TONS

8. Willamette, Oregon 14 TONS

9. Campo del Cielo, Argentina 13 TONS

10. Mundrabilla, Western Australia 12 TONS

Sources: The Travel Almanac

© 2024 by King Features Syndicate, Inc. World rights reserved.

AUTO HOME FARM HEALTH LIFE COMMERCIAL

Border Lake Insurance Inc.

MILBANK OFFICE
office: 605-432-5884
fax: 605-432-5876
teri.sd@borderlakeinsurance.com
209 S Main St
Milbank, SD 57252

ORTONVILLE OFFICE
office: 320-839-6145
fax: 320-839-6221
teri.mn@borderlakeinsurance.com
113 NW First Street
Ortonville, MN 56278

LOCALLY OWNED INDEPENDENT INSURANCE AGENCY

LICENSED IN SD, ND, MN & AZ

TERRI HOLTQUIST
OWNER/AGENT

Now here's a tip!

by Jo Ann Derso

• If you like taking baths, you can invest in a second rubber bath mat to drape over the side of the tub. The edge will be nonslip, so you can hold on for support and your hands will not slide.

• Sunburn happens in the winter too, especially on the slopes. Use a cotton ball soaked in cold tea to ease tight dry skin. Be sure you apply sunscreen to your face and wear eye protection when going out to play in the snow.

• For drains slowed by grease, sprinkle a half-cup each of salt and baking soda down the drain, and follow it with an entire kettle or pot of boiling water.

• If the smell in your cedar chest has faded, you can bring it back easily with extra-fine sandpaper. A very light sanding is all it takes in most cases.

• For delicious baked potatoes, boil a pot of salted water, add whole potatoes with skin, remove from heat and let stand for 15 minutes. Finish in the oven for a sturdier skin. Start

COFFEE CUP FUEL STOP

45789 US Hwy 12 Summit, SD
605-398-6493
coffeecupfuelstops.com

SUBWAY

Pizza Hut Express

CINNABON

Caribou COFFEE

TA TRUCK CENTER

Come on in and check us out!!

MAGIC MAZE

BOWL GAMES

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: 50TH STATE

Citrus
Cotton
Fiesta
Gator

Holiday
Independence
Liberty
Military

Orange
Outback
Peach
Rose

Sugar
Sun
Super Bowl

answers on page 7

©2024 King Features Syndicate, Inc. All rights reserved.

Even Exchange

by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Black eye _ _ _ N _ _ Tremble from cold _ _ _ V _ _
2. _ _ Barrier Reef _ _ _ A _ Welcome _ _ _ E _
3. Code maker _ _ _ R _ Mighty or Minnie _ _ _ U _
4. Sir or Dame, e.g. _ _ _ L _ Promise 10% _ _ _ H _
5. Green Bay athlete _ A _ _ _ Reaction to a lemon _ U _ _ _
6. Sewing basket item _ _ _ _ _ D Intimidation _ _ _ _ _ T
7. Burn with hot water _ _ A _ _ Reprimand _ _ _ O _
8. Bart's baby sister _ _ _ G _ Black-and-white crow _ _ _ P _
9. Modify _ _ _ E _ Where to go to marry _ _ _ A _
10. Get along with _ _ _ I _ Hen house sound _ _ _ U _

©2024 King Features Synd., Inc.

Sturdevant's

AUTO PARTS

102 West 1st Avenue • Clark, SD 57225

Phone: (605) 532-3617 • Fax: (605) 532-3496

checking for doneness after 15 minutes in the oven. Baking time can be cut in half! -- J.L. in Florida

• Remove musty smell from stored clothes by adding either vinegar or ammonia to the wash water. Be sure to check for smell removal BEFORE drying, as the dryer can bake the smell into clothes, making it more difficult to remove.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

© 2024 King Features Synd., Inc.

Holidays & Observances This Week

12/31 New Year's Eve
1/1 New Year's Day
1/2 National Buffet Day
1/3 J.R.R. Tolkien Day
1/4 World Braille Day
1/5 Twelfth Night
1/6 Epiphany

Bar & Grill

The PUMP

Milbank, SD

HAPPY NEW YEAR

from all of us at THE PUMP 2.0

"Best Burgers In Town!"

Pool • Darts • Lottery
On-Off Sale • Beer /Liquor

Open 7 Days A Week
30+TVs

To Go Orders
605-432-6200
205 S. Main Street • Milbank, SD

Proud Sponsor of Tidbits Trivia Test!

Trivia test

by Fifi Rodriguez

1. GENERAL KNOWLEDGE: When is Three King's Day celebrated typically?
2. TELEVISION: In the drama series "Mad Men," what product is presumed to be Don Draper's last advertisement?
3. GEOGRAPHY: What is a chain or collection of islands called?
4. MOVIES: To which city is the McCallister family traveling in the holiday classic "Home Alone"?
5. LEGAL: What is a moot court?
6. LITERATURE: What is the name of the heroine in "The Scarlet Letter"?
7. FOOD & DRINK: What kind of nut is used in marzipan?
8. MUSIC: What is the gift on the 11th day in the song "The Twelve Days of Christmas"?
9. SCIENCE: How much of the Earth's surface is covered with water?
10. HISTORY: What are the two Japanese cities that the United States hit with atomic bombs in WWII?

answers on page 7

**BIG STONE CITY**
MUNICIPAL LIQUOR STORE
Open 9am - 12am M-Tues • Wed-Sat 9am - 1am • Closed Sunday

HAPPY HOUR
Mon-Thurs
4pm-7pm

Stop In And Check
Out Our OFF SALE
and DRINK
SPECIALS!!

Dean's
Heating & Cooling L.L.C.

**TRANE**
It's Hard To Stop A Trane.®

**ARMSTRONG**
AIR
Comfort you can rely on.®

Dean Kovarik, owner

14291 SD Hwy. 109
Big Stone City, SD 57216

Phone 605-862-8528
Cell 605-467-0301

BIG STONE American Legion
OPEN TO THE PUBLIC
A GREAT PLACE FOR YOUR EVENT - BIG OR SMALL
SAFETY MEETINGS / BIRTHDAYS / RECEPTIONS
ANNIVERSARYS - MEETINGS OF ANY KIND!
• WEDNESDAY:
Soup and Sandwich \$8.00
• THURSDAY: Taco Night 5-9pm
• TUESDAY: Burger & French Fries
starting at \$10.00. 5:30-8pm
Chase the Ace of Diamonds for the Big Stone Fire Department
OPEN: M-F at 3PM, Sat. at Noon, Sun. at 11
Big Stone City, SD • 605-862-8310
CAMPING SPOTS AVAILABLE!

GROCERY
STORE SPECIALS

**BASKET**
STORE & CASINO

Busch Light
30 packs
ONLY \$21.49

Old Milwaukee
Keystone
30 packs
ONLY \$18.99

KEYSTONE LIGHT
30 packs
ONLY \$18.99

Old Milwaukee
30 packs
ONLY \$18.99

Main Street
Big Stone City,
South Dakota
(605) 862-8605

CHECK OUT OUR
CASINO
SPECIALS

40¢
Cans of
POP

\$1.50
BEER
can or bottle

FREE COFFEE & POPCORN


MacDaddy's
On The Main Drag in Big Stone City, SD
757 Main Street, Big Stone City, SD • 605-862-8253
* Premium Fuel * 24-Hour Pumps
* Scratch Lottery * Ice * Snacks * ATM Machine
* Hot & Cold Sandwiches to go
Convenience Store Hours are 5am-10pm

YOGA

Take time to relax and enjoy these Tidbits facts about yoga, one of the oldest physical disciplines in the world, originating in India over 5,000 years ago.

- The word “yoga” has its origins in the Sanskrit word meaning “to yoke” or “to unite,” reflecting the goal of yoga to bind the breath, the body, and the mind.
- Yoga wasn’t introduced to the U.S until the 18th century, and it was only for men. Women were not allowed to participate until 1937. The first official studio opened in Hollywood, California, in 1947. Today, 36 million Americans regularly practice yoga, spending \$16 billion on classes and equipment each year. 72% of yoga practitioners are women. Men are known as “yogis,” while females are referred to as “yoginis.”
- The original yoga practitioners used woven grass or animal skins for mats. In 1982, yoga teacher Angela Farmer invented the first modern yoga mat, composed of carpet underlayment.
- There are 84 basic yoga postures, or Asanas as they are called, with the most widely-recognized poses the downward-facing dog and the lotus. All are designed

- to improve strength, flexibility, balance, posture, and endurance. Yoga also adds breathing techniques, called pranayama, to calm the mind and reduce stress, as well as yamas and niyamas, which are guidelines for ethical and moral behavior toward self and others.
- The headstand is considered the most dangerous yoga pose.
 - There are several different styles of yoga, including Hatha, Vinyasa, Ashtanga, and Kundalini, which vary according to posture sequences and level of intensity and strength. Yogasana is for the advanced practitioner, and is a fast-paced vigorous practice. Bikram yoga is commonly known as hot yoga and is practiced in a room heated to 105 degrees F (41 C) with 40% humidity, and is designed to promote flexibility and detoxification.
 - Yin yoga focuses on the connective tissues of the body, improving flexibility and relaxation. A more recent type, aerial yoga, involves performing poses while suspended in the air using a hammock or silk ropes. The unusual SUP yoga has practitioners performing poses on a stand-up paddleboard while floating on water.
 - There are numerous health benefits of yoga, including a boost in the circulation of immune system cells caused by molecular changes. Research indicates that yoga classes twice a week can reduce depression, anxiety, and obsessive

**Moments**
in time
THE HISTORY CHANNEL

• On Jan. 1, 2011, the Oprah Winfrey Network (OWN) debuted on television. The “Queen of All Media” had previously described her vision for the network as one that “inspires our viewers and makes them want to be who they are on their best day.”

• On Jan. 2, 1919, locksmith and far-right politician Anton Drexler founded the German Workers’ Party, the forerunner of the Nazi Party, in Munich, Germany, from a group that met regularly to discuss political matters. Among other things, the party advocated for nationalism and extreme antisemitism.

• On Jan. 3, 1521, Martin Luther was excommunicated from the Roman Catholic Church by Pope Leo X after he failed to recant 41 parts of his Ninety-Five Theses, which started the Protestant Reformation. The pope had called the offending statements heretical, scandalous and offensive to pious ears, though he did not specify exactly which ones fell under that category.

• On Jan. 4, 1957, the Hamilton Electric 500 watch made its public debut. It was the first timepiece to never need winding (though it did need frequent battery replacement) and came in “modern” asymmetrical designs to reflect its revolutionary technology. Production ended 12 years later with the advanced technology of quartz movements that rendered the “watch of the future” obsolete.

On Jan. 5, 1992, a landslide that occurred near San Francisco killed 33 people and caused the Golden Gate Bridge to close. Heavy rain in the amount of nearly half of the city’s average annual precipitation had previously fallen for a straight 36 hours

On Jan. 6, 2000, a severe flu outbreak in the United Kingdom caused National Health Service hospitals to be stretched to their limits, leaving many forced to cancel all non-emergency surgeries and facing intensive care bed shortages. The outbreak was blamed on a low rate of flu vaccinations.

On Jan. 7, 1927, the first transatlantic telephone service was established. A three-minute call between New York and London cost about \$45, which would translate to roughly \$550 today.

© 2023 King Features Synd., Inc.

compulsive disorder. Yoga is beneficial in the management of diabetes, with studies finding that blood glucose levels drop by 10% in people who practiced yoga for ten consecutive days. It’s been shown to improve cardiovascular health, back pain, and other chronic pain. The Alzheimer’s Research Foundation has found that yoga and meditation can delay impairments in cognitive functions.

- Know your yoga terms! Yoga’s hand gestures are known as mudras. The body’s energy centers are referred to as the chakras, running from the base of the spine to just above the top of the head. Yoga’s principles include Saucha (cleanliness), Santosha (contentment), Tapas (self-discipline), and Svadhyaya (self-reflection). Surya Namaskar is a sequence of poses done to warm the body, while Savasana is the resting pose used at the end of the session. You will often hear the yoga teacher say “Namaste” at the closing of the class, a word that translates to “I bow to you.”

2 - Medium 2 Topping Pizzas
Single Breadsticks
Single Cinnabon
\$26⁹⁹ PLUS TAX
MILBANK, SD LOCATION ONLY
***Some exclusions may apply.**
See store for details
Milbank, SD • 1201 E Milbank Ave
(605) 432-9311 • www.PizzaHut.com



THE GARDEN BUG IS BROUGHT TO YOU BY SUNSET GARDENS

**Prepping the soil**

Work now to improve your soil for the coming year's growth. First: do a **soil test** to see if it is lacking pH-raising materials like lime, or acidifying items like elemental sulfur, and purchase what is needed. With a pitchfork or spade, gently begin breaking up your existing soil, then gently work in compost, cow or horse manure, any needed materials determined by your soil testing, and organic fertilizers like greensand, rock phosphate, kelp, bonemeal or bloodmeal. The microbes and beneficial soil-dwellers will start working right away to break all these nutrients down in time for spring planting. ~ Brenda Weaver

Source: bonnieplants.com

© 2024 by King Features Syndicate, Inc. World rights reserved.

WWW.SUNSETGARDENSLLC.COM

C-Store
874-2431

Clear Lake
874-2428

Toronto
794-4861

Hendricks
275-3559

FAX 794-4961

**DEUEL COUNTY FARMERS UNION OIL CO.**
Truly Cooperative

PUZZLE ANSWERS

BOWL GAMES
S U P E R B O W L
T O E
O L
D I A L O G
A C T
T I
E M I S E R Y
C A B E T
C E N E D W E P E D N

Even Exchange answers
1. Shiner, Shivor
2. Great, Greet
3. Morse, Mouse
4. Title, Tittle
5. Packer, Pucker
6. Thread, Theast
7. Scald, Scold
8. Maggie, Magpie
9. Alter, Altar
10. Click, Cluck

BIBLE WORD SEARCH
Answers
F N D F A C B D Y E
A E N V T E Z K D
V H A H Y T E Z A
O W T J A C U N M
R J S M M T D O O T
E K S F L U N S U V
D I L O T A L U A V
D F I R M U Y O W
C A L L E D M O R M
H U B C R I E D R O

Weekly SUDOKU
Answer
9 5 8 1 6 3 4 2 7
3 6 7 4 2 5 1 9 8
4 1 2 8 7 9 6 3 5
5 7 3 6 9 4 8 1 2
8 2 4 7 3 1 9 5 6
1 9 6 2 5 8 3 7 4
2 8 1 3 4 7 5 6 9
7 4 9 5 1 6 2 8 3
6 3 5 9 8 2 7 4 1

King Crossword
Answers

Solution time: 21 mins.

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

Answers
1. Jan. 6, the 12th day of Christmas.
2. Coca-Cola.
3. An archipelago.
4. Paris, France.
5. A simulated court to give law students a chance to practice what they have learned.
6. Hester Prynne.
7. Almond.
8. 11 pipers piping.
9. Almost 71%.
10. Hiroshima and Nagasaki.

© 2024 King Features Synd., Inc.


Club
7-75

GREAT FOOD!
FULL BAR • FULL MENU
RESERVATIONS WELCOME
(320) 273-2339
OPEN: WED-SAT 5PM-CLOSE
Located at the junction
of Highways 7 & 75,
Just Outside of Odessa, MN (320) 273-2339

REFUGE BAR

Odessa
Minnesota
320-273-2205

STOP IN & TAKE A BREAK!
3:00PM-CLOSE MON-FRI
SATURDAY NOON-CLOSE

**John Oakes, Owner**

The Good Buy Gals

Now 2 Great Locations!

Watertown Mall • Suite #78
507-430-5142 • Wed-Fri 10am-7pm, Sat 10-6

CLEAR LAKE, SD
423 3rd Ave S
Wed - Fri 9am-5:30 pm; Sat 9am-4pm

www.facebook.com/thegoodbuygals

A BIG Thank You
For A Great
Holiday Season!

We look forward to seeing
you in the New Year!!

Angel's Attic Thrift Store

In the WATERTOWN MALL

We Are Looking Forward To
Seeing You In The New Year!!

(605) 878-2300
MON-FRI 10AM-7PM • SAT 10AM-6PM • SUN NOON-4PM

Proceeds stay local to help fight against cancer!!! • DONATIONS WELCOME!

VOLUNTEERS WELCOME!
Thank you
for your
support!!
Pick Up A PUNCH CARD
and Get a Punch for Every
\$5.00 You Spend!!!!

KOVELS®
Antiques & Collecting
By Terry and Kim Kovel

Smoking
Paraphernalia

Some collectibles aren't what they seem at first glance. This green enameled piece that sold for \$252 at Morphy Auctions looks like a covered jar. A closer look at the finial, shaped like a seated cherub or putto playing a stringed instrument, suggests its true purpose. It's really a music box that plays two tunes.

This musical cigarette dispenser dates to the 1950s.

That's not all it is: Wind it up and the panels open, revealing a silver toned pocket behind each panel. The pockets were originally meant to hold cigarettes. It's a music box and a cigarette dispenser!

It's well-known that smoking was more common in the first half of the 20th century before its links to lung cancer had been determined. Smoking is less popular today, but smoking paraphernalia and tobacciana are collectible. Ashtrays,

especially with advertising, are popular and often inexpensive. Collectors of advertising and packaging look for antique tobacco tins. Lighters have their own category in Kovels' price guide. Smoking stands appear in antique furniture collections.

Some collectors may repurpose their smoking collectibles by using ashtrays as ring dishes, cigarette cases as credit card holders or smoking stands as plant stands. This cigarette dispenser's decorations and multiple functions could make it part of a collection of tobacciana, enamels or music boxes.

Q: My father was an official of a Merchant Marine union. The seamen would often bring back gifts, such as rugs, from overseas. I have several rugs in different colors and sizes. I have no idea of their country of origin or value. How can I find out something about them and their value?

A: An expert on rugs would have to see the rugs to determine

PAYLESS ANTIQUES

David, Ronda & Del
Hours: M-F 9am-4pm
or By Chance or Appointment
421 Park Ave • P.O. Box 219
Wilmot, SD 57279
605-938-4837
605-520-3781 / 605-595-2290

Featuring
20,000
RECORDS

their value. It may not be possible to determine the country or origin unless there is something unique in the design or technique that identifies them. Contact stores in your area that sell authentic Oriental rugs to see if they can help. If you have a friend who has old Oriental rugs, they may be able to tell you who to contact.

TIP: To loosen a rusted metal part on a toy, try soaking it in cola.

CURRENT PRICES

Cut glass *cruet*, Ramona pattern, hobstar, vesica, strawberry diamond, prism and fans, oval, double notched handle, rayed base, bulbous stopper, American Brilliant, Pairpoint, 6 1/4 x 3 3/4 inches, \$200.

Political button, Martin Luther King, celluloid, sepia photograph, pinback, integral stand and hanger, 1968, 9 inches, \$465.

Toy, Busy Cart Robot, construction robot, pushes wheeled cart, yellow and black, battery operated, Horikawa, Japan, original box, 12 inches, \$800.

Magazine, TIME, Feb. 18, 1957 issue, Rev. Martin Luther King picture on cover, signed and inscribed, sold with letter of authenticity, \$3,120.

For more collecting news, tips and resources, visit www.Kovels.com
© 2024 King Features Synd., Inc.

Fresh Start, Fresh Meals:
Budget-Friendly Detox
Chicken Soup

As we step into the blank canvas of a new year, many of us are eager to embrace healthier habits without breaking the bank. For this week, we're diving into the realm of revitalization with a nutrient-packed recipe filled with detoxifying and immune boosting ingredients that won't drain your wallet.

In the realm of soul-soothing concoctions, nothing quite rivals the nutritional prowess of a steaming bowl of chicken soup. It's not just about comfort; it's about embracing a holistic approach to health. So, let's dive into the science behind this detoxifying, inflammation-fighting powerhouse.

Broth Brilliance: In an ideal world, we'd start with homemade bone broth — loaded with gelatin, chondroitin and immune-boosting nutrients. It's a remedy for gut health and hydration, thanks to minerals like zinc, calcium, phosphorus and magnesium. Opt for low-sodium store-bought broth if time is of the essence.

Antioxidant Allies: Onion and garlic — culinary superheroes — bring not just flavor, but also antioxidants and antibacterial properties to the table. Carrots, celery, peas and kale join the fray, delivering a vitamin-packed punch that supports a robust immune system.

Mushroom Magic: Don't overlook the fungi! Mushrooms provide B vitamins and selenium, an antioxidant

that plays a vital role in supporting the immune system.

Spice It Up: Elevate your soup's anti-inflammatory game with ginger, turmeric, black pepper and a dash of red pepper flakes. These ingredients bring potent antioxidants and anti-inflammatory properties to the mix.

Poultry Power: Let's not forget the star of the show — the chicken. Poultry is rich in vitamin B-6, essential to produce healthy red blood cells. I used chicken leg quarters in this recipe because they're very affordable and the dark meat stays succulently tender. But you could use any cut of chicken you have on hand, even a whole chicken. As a bonus, it cooks right in the soup, making your life easier.

This recipe is very forgiving. Feel free to customize the recipe based on what's in your pantry. Don't have turmeric? No problem. This soup is forgiving, allowing you to work with what you have, and it'll turn out great.

www.JasonCoblentz.com

This detoxifying soup has anti-inflammatory properties.

IMMUNITY BOOSTING
CHICKEN SOUP

- 1 tablespoon olive oil
- 2 cups onion, diced
- 4 medium carrots, sliced
- 3 celery stalks, chopped
- 8 ounces mushrooms, sliced
- 6 to 10 cloves of garlic, minced
- 1 tablespoon fresh grated ginger (or 1

- teaspoon powdered ginger)
- 8 cups (64 ounces) chicken bone broth or low sodium chicken broth
- 1 teaspoon ground turmeric
- 1/2 teaspoon kosher salt
- 3 pounds chicken leg quarters, skin removed
- Freshly ground black pepper
- Big pinch red pepper flakes
- 1 cup frozen peas
- 1 small bunch kale, stems removed, chopped

Heat the oil in a large soup pot, set on medium heat. Add the onion, carrot and celery, and saute for about 5 minutes, stirring frequently. Add the mushrooms, garlic and ginger, and stir to combine. Ahhhh, the aroma! Add the chicken broth, turmeric and salt and give it another stir. Place the chicken pieces in the soup and bring to a boil. Once boiling, reduce heat to LOW and let simmer for 40 minutes. Now, fish out the chicken pieces and set aside to cool. Add the peas and kale. Once the chicken is cool enough to handle, shred the chicken and add it back to the soup. Reserve the bones to make bone broth!

Why is this chicken soup so effective? Because its ingredients create an ideal combination of anti-inflammatory and detoxifying ingredients with great immunity support. Here's to a healthy and flavorful New Year!

"Let thy food be thy medicine and thy medicine be thy food." — Hippocrates

Lifestyle expert Patti Diamond is the penny-pinching, party-planning, recipe developer and content creator of the website *Divas On A Dime* — Where Frugal, Meets Fabulous! Visit Patti at www.divasonadime.com and join the conversation on Facebook at [DivasOnADimeDotCom](https://www.facebook.com/DivasOnADimeDotCom). Email Patti at divapatti@divasonadime.com

© 2024 King Features Synd., Inc.

Happy
New Year!

We hope your
holidays were
enjoyable!

Thank you for choosing to
pick up this issue of Tidbits
of the Lake Area. We look
forward to bringing you our
fun, free paper, week in and
week out in 2024.

Sean & Lynette Athey
Owner/Publishers

The Spats

by Jeff Pickering

Amber Waves

by Dave T. Phipps