



# Flandreau Santee Sioux Tribe Monthly Newsletter

November 2020

*Ta'he Ca'psun Wi* (November) – the moon when deer and other animal with antlers begin to shed them during winter moon.



Happy  
Thanksgiving

## NDN Collective on Biden, Harris Victory



Rapid City, SD – Nov. 7, 2020 – Today, in response to news that former VP Joe Biden and Sen. Kamala Harris have won the election, the NDN Collective, released the following statement: “Today, we recognize the power of the people and our collective movements that have come together to fight for our future, and to fight for our existence,” said Nick Tilsen, President and CEO of NDN Collective. “Today is a victory, but now it is time for us to lean in to the change that we want to see in this society and world.” “We continue the fight for our land back, for treaty rights to be respected, and for Indigenous liberation,” continued Tilsen. “Our elected officials - - from the President down to local officials -- all have a direct influence on the systems we are fighting to change.

We have to continue our work to dismantle and rebuild. Biden’s win did not happen out of nowhere. Biden won because of the people and our demands for a more equitable society that defends Black lives and honors Indigenous rights. Now, the Biden administration must be accountable to our people and communities.” “We took our protests into the ballot box,” said Judith Le Blanc, Chair, NDN Board of Directors. “We mobilized a historic turnout of the Native vote. Elections by themselves do not solve our problems. Our communities do.

Flandreau Santee Sioux Tribe Newsletter is a monthly publication by the

Flandreau Santee Sioux Tribe.

Digital photos or sending other original files is encouraged.

Deadline for submission of material is

**5 work days before the 15th of each month**

Flandreau Santee Sioux Tribe

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*If inaccurate or otherwise inappropriate information is brought to our attention, a reasonable effort will be made to print a correction in the next month newsletter. We reserve the right to omit submissions if it is felt that the content or subject matter is inappropriate.*

**NEWSLETTER SUBMISSION**

**GUIDELINES:**

*All information submitted for newsletter must be received 5 (five) working days before the 15 of each month. We cannot guarantee inclusion of any submissions after that date in that month's newsletter. Submissions must be made in typewritten (or computer generated) format. They can be submitted directly to Marcie Walker in hardcopy, on disk or via email at:*

[marcie.walker@fsst.org](mailto:marcie.walker@fsst.org)

*The FSST reserves the right to edit submission for content and clarity when appropriate. Additionally, submissions not of a time sensitive nature may be delayed for next month newsletter*

Our problems which have been hundreds of years in the making can only be solved by a politically empowered Native grassroots movement. With strong ties with all those who have suffered under the Trump administration's policies, we will make sure our agenda is heard by the new administration. And Indian Country will reset the nation to nation relationships with Washington, DC.

In October, NDN Collective convened their Sko Vote Den Virtual Intertribal. Joined by Representatives Sharice Davids and Deb Haaland, the event aimed to engage Native voters ahead of election day to discuss voting challenges, and to educate people about the complexities and importance of voting in Indian Country. In addition to providing historical and current background, NDN Collective's podcast and blog shares encouraging messages and information empowering Native voters to connect the dots between fighting for self-determination and voting.

NDN Collective is an Indigenous-led organization dedicated to building Indigenous power. Through organizing, activism, philanthropy, grantmaking, capacity-building and narrative change, we are creating sustainable solutions on Indigenous terms, our terms.



# Family replaces vandalized Biden sign

Agency Village, SD – Oct. 29, 2020 – After vandals destroyed her family’s “Dakotas for Biden” sign (on Milton Eastman’s land), Lee Ann Eastman and supporters replaced it with what is pictured here.

SWO Tribal Chairman Delbert Hopkins Jr. posed, along with other Council members, and posted the following on his Facebook page tonight:

“Long day of ‘For Profit’ Council meeting all day. We didn’t get out until 6:00 pm this evening. We made time for the Milton Eastman family’s Biden sign. To the left: Jr Rondell (Hiepa Rep), Francis Crawford (Lake Traverse Rep), Eddie Johnson Jr (Vice Chairman) Curtis Bissonette (Long Hollow Rep), Elder Milton

Eastman, and myself Delbert Hopkins Jr. (Chairman). Leadership supporting Biden and also we heard of the vandalism of the old Biden sign. Trump supporters came on the Eastman Elders property to vandalize the Biden sign. SWO and Oceti Sakowin Strong!”

Facebook post tonight by Lee Ann:

“My dad’s new Biden sign. Pidamiya ye tribal council for coming out and showing support after the sign was vandalized. Tribal Council made the decision to support Joe Biden for president today. (Not all council members pictured.) It’s always good to see our leaders out in the community being supportive and active in the community.”



**ATTENTION**

We would like to introduce our new text message notification system for qualified On Res Tribal Members .

Membership Services will send various communications, notifications and/or reminders throughout the year to all qualified Tribal Members who wish to enroll. Examples of notifications are including but not limited to in climate weather closings, safety precautions or other emergencies.

Please keep in mind this service is voluntary and data fees may apply. If you wish to sign up for this service please text “TEXTFSST” to 24251 and complete all sections of the enrollment form.

Thanks ,

Membership Services

Marcie Walker

# Student art interprets Native history in South Dakota

Several Flandreau Indian School students have their work on display in the Young Artists Gallery at the Washington Pavilion of Arts and Science in Sioux Falls. The display depicts a re-representation of photos of Native American people from 1870 to 2004.



Flandreau Indian School students are sharing their interpretation of Native American history in South Dakota through art on display at the Washington Pavilion of Arts and Science.

With 35 exhibits, the students show the chasm between races, the indoctrination at boarding schools and some historical moments in their culture. The exhibit is on display in the Pavilion's Young Artists Gallery through Nov. 30.

Students worked on the project last year before the coronavirus pandemic closed the school to in-person learning and students returned to their homes across the country.

For Jacquelyn Cabarrudia of the Little River Band of Ottawa Indians from Michigan, her two pieces focused on a photo of 64 boarding schoolboys and girls, who pose with sober expressions, while dressed in communion robes. She titled it "Laceration to the Mind," and featured the photo cut shaped like a heart, broken in two on a blotchy purple background.

"We are not taught the hurt and historic trauma left from boarding schools. The stories of our grandparents being treated like guinea pigs, of them being beaten, raped and molested on a daily basis," she wrote in her description of the piece.

Students were given access to the archived photos at Augustana University's Center for Western Studies, through a grant from the Council for Independent Colleges' Humanities for the Public Good. The program was designed to support critical thinking and innovative ways to make university archives available to the public.

Along with research, the students curated and transformed the materials into re-presentations of Native American history in South Dakota.

The photos from the exhibits span the years from 1870 to 2004.

Planning for the project came about because the Center for Western Studies had the photographs in its archives but the photos were all taken and preserved by white missionaries, said Liz Cisar, collections assistant. Instead, the exhibit was designed "to allow Native Americans to re-present the material and bring in their own ideas."

In one re-presented photo, artist Atlantis "Sid" Hanks drew long hair on boarding school children in a black and white photo.

"You see these kids here. Their hair was cut. So I wanted to add some of that hair back," he said.

Tara F. from the Sisseton Wahpeton Oyate tribe, found a photo in the archives from a scene at Wounded Knee. "Trying to make something of this without making it feel completely sad felt like a challenge for me," she wrote.

Some of the pieces shared the theme of blessings.

Caprice Snow titled her work "Confidence," a cutout photo of children in traditional clothing on a background of sky and earth. "We walk with confidence; we walk on the bloodshed of our ancestors. We walk on prayers every day, already made for us. Unseen blessings."

Tashina B. Palarious of the Rosebud Sioux from Omaha, chose a woman subject on a prairie background, indicating the woman is "walking over the lands and blessing them with her peace pipe."

# Moody County Election

Moody County's election results will stand, including a close race for county commission.

Commissioner Carla Bruning, earned 268 votes to retain her seat, but challenger Mark Bonrud came within the two percent allowed for a recount with 258 votes. Bonrud, Flandreau's former mayor, said he won't request a recount for the 10-vote spread.

County commissioners canvassed the vote totals on Thursday, but nothing changed from results on election night. Details of the report showed that 24 people who were eligible to vote in the Bruning-Bonrud race didn't vote for either one.

In the presidential race, Moody County voters mirrored the state of South Dakota. President Donald Trump, a Republican, won in the county with 61 percent of the vote or 1,951 total votes. That compared to former Vice President Joe Biden's 37 percent of the vote with 1,179 ballots in his favor. Libertarian Jo Jorgensen had 2 percent or 76 votes.

Biden won two of the precincts in Moody County, precincts 1 and 2, which include the city of Flandreau. In precinct 1, it was Biden 53 percent to 44 percent over Trump, and in precinct 2, Biden had 55 percent of the vote to Trump's 39 percent. The President handily won the other precincts with roughly a 2 to 1 margin.

Voter turnout for Moody County was 78 percent with 3,251 of 4,169 active registered voters casting ballots. Absentee voters totaled 1,551, and no ballots were received in the mail after the election day deadline.

"I'm curious what future elections will bring for absentee ballots," said Auditor Kristina Krull. This year, voting early was encouraged if people wanted to avoid crowds at polling places because of the coronavirus pandemic.

Krull said several people came to the polling places wanting to vote but had never registered to vote. In those cases, they were given a form to register but were not allowed to vote because the registration deadline was in October.

For legislative District 8, Republicans Marli Wiese and Randy Gross will return to the state House. Wiese, of Madison, had 36 percent of the district's votes, or 7,029 votes, but in Moody County she had 30 percent with 1,682 votes. Gross, of Elkton, had 32 percent of the votes in both the district at large, where he had 6,327 votes, and in Moody County, where 1,795 people voted for him.

Democrat challenger Val Parsley, of Madison, had 23 percent of the vote in Moody County or 1,291 votes, and Democrat John Kessinger of Woonsocket had 12 percent with 685 votes.

Newcomer Republican Casey Crabtree of Madison was not challenged for a state senate seat in District 8 but was on the ballot for confirmation. He had 2,000 votes in the county.

In the U.S. Senate race, Sen. Mike Rounds, a Republican won the county with 58 percent of the vote or 1,877 total votes to challenger Dan Ahlers, a Democrat, who had 42 percent with his 1,343 votes. Ahlers, of Dell Rapids, fared better in Moody County than his state totals showed.

Rep. Dusty Johnson, a Republican, swept the county with 79 percent of the vote or 2,425 total votes to Libertarian Randy Luallin's 631 votes.

Public Utilities Commissioner Gary Hanson retained his spot and also won in Moody County with 66 percent of the vote here, beating Democrat Remi Bald Eagle who had 30 percent.

Constitutional Amendment A, which legalizes marijuana, passed 52 percent to 48 percent in the county with a 1,677 to 1,529 vote split. Precincts 1 and 2 voted in favor of the amendment, while the rest of the precincts disapproved.

The law would not make the drug legal until July 2021.

Constitutional Amendment B, which allows for sports wagering in Deadwood and on Indian reservations, got the county voters' approval with 58 percent of people in favor. The vote total was 1,845 to 1,210, with the issue passing in all precincts.

Initiated Measure 26, to legalize marijuana for medical use, was approved in the county by 70 percent, with 2,234 votes in favor and 973 votes against. All precincts supported the measure.

The Trent gym was the busiest polling place early in the day Nov. 3 with a line outside of the building when polls opened at 7 a.m. By 7:30, 66 people had voted, said Tawny Heinemann, county human resources manager.

Voters from Trent and Egan came in a steady stream throughout the day, with traffic up slightly again after people got off work.

Cole Tolley, 19, of the Colman area, came to the polling place with his mother, Amber, exercising his right to mark a ballot for the first time.

"It's your voice. It's always what I've been told (to do)," he said of his choice to vote in the general election that included the race between Trump and Biden.

Lori Wendell, of Egan, votes every year and was interested in the presidential race.

"It's important because we have to have a good president, who knows what he's doing," she said.

Masks were suggested but not required at polling places and most people wore them while in line and voting. The county also had a worker at each location, wiping down tables between individual voters in order to protect people from the possible spread of COVID-19.



By Governor Kristi Noem November 6, 2020 One of the things I appreciate most about those who served is that they didn't rely on someone else to protect freedom. Veterans didn't assume someone else would make the sacrifices so our kids could sleep safely in their beds every night. They raised their hand. They said yes to the call. When I became governor, I told my team that I wanted to be a leader who shows gratitude to our veterans, but I don't just want to show gratitude in the words that I say. I want to take action to help our veterans. I want to enact policies that make their lives better.



I want to say "thank you," both in word and in deed, to those that sacrifice their life so that we should go on living as a free people, free to choose our own destiny in this great nation. South Dakota is setting an example for the nation. We've taken action to honor our veterans. In fact, a recent study by Smart Asset named South Dakota the "Best State for Veterans." We expanded the free tuition program for veterans to include technical colleges in addition to regents institutions. We started the

Fallen Heroes bridge dedications to honor our heroes killed in combat. To date, seven state bridges have been named after South Dakota's fallen heroes. We've increased property tax exemptions for veterans with disabilities. We authorized a new tax exemption for paraplegic or amputee veterans. We increased the number of beds at the Hot Springs Veterans Home, so that we can care for more veterans. And we broke ground on the first ever State Veterans Cemetery in Sioux Falls.

Now, South Dakota families will have a final resting place for the heroes who have defended our country. South Dakota has deployed nearly 9,000 soldiers and airmen in support of various operations since 9/11 alone. It's always such a privilege to welcome home units from deployment and to

see moms and dads be reunited with their kids, spouses, and loved-ones. This past June, South Dakota welcomed home 69 soldiers with the 152nd Combat Sustainment Support Brigade (CSSB.) They had been deployed for 11 months in the Middle East as part of Operation Inherent Resolve. And in July, 110 soldiers from Alpha Battery, 1-147th Field Artillery and the 147th Forward Support Company returned to South Dakota from a 10-month deployment in Europe. I cannot express how much gratitude I have for the sacrifices our soldiers are making to be away from their own families in service to our American family. We also sent some South Dakota-based units out for deployment this year. In August, more than 190 soldiers with the 196th Maneuver Enhancement Brigade deployed to Djibouti to support Combined Joint Task Force – Horn of Africa, and in October, the 114th Fighter Wing began its rotation of up to 110 Airmen for deployments across the globe in support of a Reserve Component Period. The Airmen will deploy to Europe, Africa, and the Middle East.

## A special thanks to all our Veterans

One cannot put a price tag on time away from family. There are no makeup days for missed births, first steps,

meal time conversations about the day, or the birthdays and holidays that our soldiers won't be there for during a deployment. It's because of the readiness capabilities of our active duty military personnel that our country continues to be a shining beacon of freedom to all people around the world. Just this year, the Pierre based 152nd CSSB won Gen. Walter T. Kerwin, Jr. Readiness Award for excellence, meaning they are the most outstanding Army National Guard .



# Honoring our Heroes



They won the award last year as well, and in 2018, South Dakota's 139th Brigade Support Battalion were the recipients. You read that right; for three years running, South Dakota has had the very best Army National Guard troops in the entire nation.

As a fellow American, I am grateful to live in a nation protected by citizen soldiers who are willing to answer the call to fight terror across the world. I commend our Veterans for their leadership, bravery, and willingness to work toward peace and stability around the globe. This Veterans Day, I encourage you to take a moment and personally thank one of South Dakota's 65,000 veterans.

Thank our active duty servicemen and women. Thank their families, too. And to all the veterans and military personnel reading this, thank you for your service to our state and our country. South Dakota will always honor you. God bless you, and Happy Veterans Day!

From Valley Forge to Afghanistan, through war and peace, valiant Americans have answered the call to duty with honor and dignity. These brave men and women, and their loved ones, have made significant sacrifices on behalf of our nation. This Veterans Day, let us take time to honor the brave and selfless Americans who have served in the United States Armed Forces, and recognize their time, commitment, and sacrifices in order to protect the ideals and freedoms that we cherish. Defending our democracy is paramount.

Our service members face a growing list of global challenges, making it that much more important that our nation supports those who have answered the call to serve. Let us also remember the sacrifices made at home by the families and loved ones of our service members. Beyond our gratitude and remembrance, our heroes and their families deserve support upon their return home and as they take on new challenges following their military service. Our gratefulness for their service must be reflected in our actions: by ensuring the availability of good jobs, high quality healthcare, educational opportunities, and housing.

We must never forget that America, as we know it, exists because of the sacrifices of our veterans. No matter how complicated war might be, it always comes down to the ones who fly the planes, man the ships, and carry the rifles. And our country's military has left a legacy like no other fighting force ever assembled. The uniform they wear, and the flag they carry, are held in esteem wherever they have served.

May God bless America's Veterans, and may God bless all Americans who remember, honor, and serve them.

Greg Whitlock, Secretary, South Dakota Department of Veterans Affairs.





As the number of virus cases in Moody County rise, Flandreau Mayor Dan Sutton will be encouraging mask wearing in public.

He planned on asking the City Council on Monday to support a resolution encouraging the use of the face coverings to remind people to try and stay healthy. Results were not available at press time, but Sutton said the initiative is in-step with the Mask Up South Dakota campaign.

“The only way we can get through this is by working collaboratively with others,” he said. “This is my attempt to get people aware that ‘hey this is serious.’ ...and its’ here.”

Students in Flandreau are learning at home for at least two weeks, and some churches will no longer hold services in person, relying on online worship, for at least the short-term. Both Flandreau United Methodist Church and Second Presbyterian Church are not worshipping in person, but had been as of late.

At least two businesses have closed temporarily. Flandreau Bistro and Roasterie will operate out of the drive-up window, closing inside seating for a while, and the Hunkake Café closed for a few days for deep cleaning. This week’s state statistics of COVID-19 cases for the county show that one additional person has died from the disease. So far, 14 people have been hospitalized.

The number of people who tested positive for the virus increased by 33 this past week for a new total of 240. Of those, 70 people still have active cases, and 167 have recovered.

As for negative test results, 1,111 people fall into that category, but the county’s positivity ratio is still high, indicating more people likely have the virus and have not gotten tested.

A majority of the cases and all of the deaths in the county happened in October. There were 94 people who had tested positive at the end of September. The first death for the county was recorded Oct. 10.

While the state does not release names of those who test positive, nor say which community they live in, in small towns, people increasingly know someone or several people who have been sick or quarantined because of positive test results.

“We’re moving in a direction that the numbers are rising and what we can do as a community to try and slow that down,” he said. “Under the circumstances, time is of the essence.”



## **“MOOSE ON THE LOOSE”**

**Adam Soward son of  
Gayle Soward shot a  
moose in Idaho. Nice!!  
Way to go Adam!!**



# MURDERED AND MISSING INDIGINEOUS WOMEN (AND MEN) FLAG

## **BREAK THE CODE OF SILENCE: Intergenerational Kinship Ties That Bind**

**MURDERED/MURDER** – The taking of a human life. The killer may age, but the crime doesn't. Murder has no limitations. When someone takes another's life, the deed is frozen in time. The murderer may age but the crime doesn't. The act is as it was the second someone decided to commit murder.

**MISSING/DISAPPEARANCE** – A human going missing is not a random act. A random act leaves behind a clue. The missing have no peace in the spirit world leaving their abductors or mysterious disappearance in a state of turbulence also. When people or one person is involved in the disappearance of another, that deviant act also is suspended in time. The one(s) causing someone to be missing, Creator offers them no rest or peace. Years may pass from a young adult into an elder, but be assured, that act never ages or dies. It's hidden only in your soul for your eyes to see even in sleep.

MMIW – The flag was created as a symbol of all those who have been murdered and remain missing today.

### *Breaking the code of silence*

Oftentimes a murder or disappearance in a close knit community oppresses.

Through kinship ties it binds the spirits of those involved in a disappearance and/or murder.

Eyes that see are the eyes when closed relive the event.

The flag is not for sale nor is the original artwork, but is kept in a safe place.

It can be used when needed for special events.

Gia Ska Win (Betty Anne Owen), Sioux Falls, SD.



**MMIW Flag created by Betty Anne Owen.**

# Study says universal mask-wearing could save 100,000 lives in the U.S. by March 1

*By Rae Yost*

Sioux Falls, SD – (KELO) Oct. 27, 2020 – A recent study by the University of Washington's Institute for Health Metrics and Evaluation (IHME) says at least 100,000 lives could be saved by the end of February if 95% of Americans wore face coverings in public or universal mask wearing.

The study was published by Nature on Oct. 23.

"The potential life-saving benefit of increasing mask use in the coming fall and winter cannot be overstated," the study said. "It is likely that U.S. residents will need to choose between higher levels of mask use or risk the frequent redeployment of more stringent and economically damaging SDMs; or, in the absence of either measure, face a reality of a rising death toll."

Some of those 100,000 saved lives would be in South Dakota, according to the university's IHME.

The state is projected to have 934 COVID-19 deaths by Feb. 1. Universal mask-wearing would reduce that by more than 200 people to 710 deaths, according to a University of Washington IHME COVID-19 model for South Dakota.

Earlier models by IHME said 95% mask use could reduce the transmission of COVID-19 by 30% in the U.S.

Studies, models and reports about the positive effectiveness of the use of face coverings to slow the spread of COVID-19 have been done by Stanford University scientists, the University of California Davis, Health Affairs, Science News, the Proceedings of the National Academy of Sciences of the United States of America. The New England Journal of Medicine and others.

"The necessity of wearing masks by the public during COVID-19 pandemic has been under-emphasized," researchers said in a publication called "Mask use during COVID-19: A risk-adjusted strategy," published on June 20 by Elsevier Public Health Emergency Coalition and shared by the National Center for Biotechnology Information.

A group of organizations including the South Dakota Medical Association, Sanford, Avera,

85% of the surveyed Americans said they had worn a face covering in a store all or most of the time over the past month. The survey was conducted from Aug. 3 to Aug. 16.

The survey also noted a narrow gap between Republicans and Democrats who said they had worn a face covering all or most of the time in stores or businesses. Ninety-two percent of those who said they leaned Democrat wore masks while 76% of those who

Monument Health, the Greater Sioux Falls Area Chamber of Commerce, the School Administrators of South Dakota and about 30 others called for more mask-wearing by the public in an Oct. 27 news conference. The campaign is called Mask Up South Dakota.

Mask wearing is a key part of slowing the spread of the coronavirus, said Dr. Ben Aaker the president of the South Dakota Medical Association. Wearing masks correctly and consistently, along with social distancing, good hygiene and other safety precautions protect those you love, yourself, co-workers, teachers, nurses and the general public, Aaker said.

The recent study by the University of Washington's IHME focused on the nation but the IHME also has state models for the pandemic.

The recent study used modeling scenarios based on current mitigation strategies in place in the U.S. and if social distancing also increased. The study projected that if current mitigation strategies remained in place and social distancing increased from Sept. 21 through Feb. 28, about 511,000 people would die from COVID-19 in the U.S. The death range would be 469,578 to 578,347 and 511,373 cumulative.

A 95% mask rate, or universal mask wearing, would reduce that by roughly 100,000 people, according to the study.

Even at an 85% face covering rate, as many as 95,000 lives could be saved.

Models and studies developed by the University of Washington's IHME have been cited by various health experts and public officials since the pandemic started.

The university's IHME model for South Dakota has been nearly on the mark for COVID-19 projections in deaths.

The model projected 375.36 COVID-19 deaths as of Oct. 28. and 393.69 by the end of the month.

The state had 375 deaths as of Oct. 27.

The model projects 785.71 deaths by Dec. 31. The death projection would decline under universal mask-wearing to 623.72 by Dec. 31.

The model projects 697 new COVID-19 cases on Oct. 27. The state had 989 total cases on Oct. 27 which

said they leaned Republican wore masks. The gap was 23 points in June. The survey was also done after President Donald Trump wore a mask in public in July for the first time and encouraged the public to do the same.

A recent National Geographic poll said an increased amount of Americans favored mask wearing. The poll was taken after Trump was hospitalized with the coronavirus.

## *Prairie Doc® Perspectives –* **Let's get some sleep**

*By Andrew Ellsworth, M.D.*

Indeed, there is a lot we can worry about in the world today. It can be so easy to let those problems invade our thoughts as we try to get some sleep. Ideally, our bedrooms are sanctuaries of peace and quiet and places of rest. But televisions, phones, computers, and other devices bring the world and its problems to our beds, and this is not healthy.

Sleep is one of the best ways to help keep our immune system strong to fight off infection and illnesses. And now more than ever, it is important to give our bodies the best chance at fighting off a cold, flu, and disease. Adults need seven to eight hours of sleep every night, while teenagers and elementary children need nine to ten hours.

Regular exercise is one way to help us sleep better.

It is best to exercise during the day rather than right before bedtime. We sleep better if we avoid eating large meals within two to three hours of going to bed. But this doesn't mean we must go to bed hungry. We can reach for a small healthy

snack like carrot sticks or apple slices. It can also help to keep a regular schedule and have a bedtime ritual, such as brushing our teeth after that final snack.

Reduce caffeine and alcohol consumption, especially near bedtime. And when stressed, we can prepare for better sleep if we take time to relax by gentle stretching, meditation, prayer, or deep breathing.

We can help ourselves by changing our behaviors, but if we experience persistent heartburn or reflux, restless legs, snoring, daytime fatigue, or use the bathroom frequently at night, it's time to visit the

doctor for assistance.

Finally, it helps to keep the bedroom comfortable, quiet, dark, and cool. Despite all their conveniences,

consider removing those electronic devices from the bedroom. Screen time before bed, whether watching television, phones or laptops is a large and growing reason for insomnia. The bright light from screens tricks our minds into thinking it is daytime so be sure to use the night filter to decrease the amount of light they emit. And, since our bedroom is meant for sleeping,

why not set a firm time to turn off all the devices for the day.

"You better get up; people die in their sleep." That's what my dad would say when he was trying to get me out of bed as a teenager. While true, the reverse is also valid, people can die from problems stemming from lack of sleep. So, let's get some sleep and stay healthy out there people!

\*\*\*\*\*

Andrew Ellsworth, M.D. is part of The Prairie Doc® team of physicians and currently practices family medicine in Brookings, South Dakota. For free and easy access to the entire Prairie Doc® library, visit [www.prairiedoc.org](http://www.prairiedoc.org) and follow Prairie Doc® on Facebook featuring On Call with the Prairie Doc® a medical Q&A show streaming on Facebook and broadcast on SDPB most Thursdays at 7 p.m. central.



## WHAT IS SOCIAL DISTANCING?

**AVOID:** Social gatherings, sleepovers, crowded retail stores, malls, fitness centers, mass transit, visitors to your house, travel by cruise or commercial airline, being within 6 feet of others

**USE CAUTION:** Getting takeout, grocery shopping, picking up medication, traveling, interacting with people 6+ feet away from you

**SAFE TO DO:** Take a walk, yard work, clean your home, read a book, listen to music, family game night, go for a drive, group video chats, watching TV or a movie, take an online course

**REMEMBER TO:** wash your hands often for at least 20 seconds, avoid touching your face, avoid touching surfaces when in public, and cough/sneeze into the bend of your arm.



SOUTH DAKOTA  
DEPARTMENT OF HEALTH

[covid.sd.gov](https://covid.sd.gov)

Please use caution and remember to practice the 3W's (WASH hands, WEAR a mask, WATCH your distance).

## Coronavirus cases at South Dakota State Penitentiary surpass 500

*By Eric Mayer*

Sioux Falls, SD – (KELO) – Oct. 26, 2020 – The COVID-19 outbreak at the South Dakota State Penitentiary continues to grow.

There are now more than 500 inmates, more than half the population, with active cases at the State Penitentiary. That is an increase from 162 cases reported on Thursday. On Monday, the

Department of Corrections reported there are 506 positive cases for inmates and four recoveries at the State Penitentiary. According to officials, there are 621 inmates housed at the State Penitentiary.

Thirty-five staff members have tested positive at the State Penitentiary, with 10 recoveries.

The Mike Durfee State Prison is at 674 total positive inmate cases

with 142 recoveries. There are 1,017 inmates at the Mike Durfee State Prison.

In total, there have been 1,555 positive cases involving South Dakota inmates, with 392 recoveries and zero deaths.

For staff, there's been 89 positive cases, 43 recoveries and zero deaths.



The removal of the Flandreau is under consideration at Flandreau City Council meetings. The present dam was constructed in 1947 and it replaced earlier updates to the dam that had stood since the late 1880s.

The city has four choices if it wants to remove the low-head dam on the Big Sioux River and preliminary prices range from \$778,000 to \$2.63 million.

For the cheapest option, the city could take the dam out and re-naturalize the river. But that comes with some negative consequences, including elimination of the upstream pool, instability of the shoreline, an increase in sediment flow, potential scour under the S.D. Highway 13 bridge and the potential impact on shallow wells, according to a report from Barr Engineering, headquartered in Minneapolis.

In addition to the lowest cost being a benefit, removal also eliminates the safety concern at the dam and eliminates future maintenance and reduces flooding under certain conditions for small events. The other options also meet the city's primary objectives and provide benefits to the up-stream pool elevations and some other issues.

The city has been talking for several years about what to do with the dam, which was built in 1881 to power the Flandreau Mill. A study wasn't able to be done until this year when the water was lower than in the past couple of years.

One of the biggest concerns about the dam is safety, the city has said. If someone falls in the water, it is difficult to successfully rescue them. The city also is interested in the recreation potential of the river.

As it is, the dam creates a hydraulic roller, a dangerous recirculating current that looks like a deceptively small drop, said Ron Koth with Barr. "These rollers are very dangerous," he said. "They really are called the 'drowning machine.'"

The Oct. 19 presentation to the Flandreau City Council showed a 10 percent design study and the council is expected to discuss at the Nov. 2 meeting which plans it wants engineers to develop further, to the 30 percent design phase.

The other three options include:

- The removal of the dam with the construction of a rock arch rapids, all while maintaining the current crest, would allow for fish movement upstream and passage for canoeists and kayakers. This option would look nice and would help stabilize the riverbank slope. One negative would be that the river would have to be diverted during the construction, which is difficult for a river the size of the Big Sioux.

- A rock arch rapids with a lower crest would cost an estimated \$2.02 million. The dam would be removed, and the upstream flow would be about three feet lower. The cost is relatively high, and there would be a hole to fill downstream.

- The last option would cut off part of the top of the dam but leave the rest in place. It is estimated to cost \$1.44 million. The slope would be 10 percent instead of 4 percent.

Tom MacDonald with Barr said if the dam is removed, the river width won't change significantly but the flood levels will and could benefit the city park and country club in some circumstances but not during major flooding.

After a few questions from council members, Mayor Dan Sutton said the issue is one that the council will need to have an ongoing conversation about.

# Gov. Noem announces K-12 Connect

Pierre, SD – Oct. 27, 2020 – Today, Governor Kristi Noem announced the launch of K-12 Connect, a program to provide internet service at no cost to eligible K-12 students in their homes for the remainder of the 2020-21 school year. “Given the unprecedented disruption for many of our K-12 students, we want to make sure there isn’t a gap in learning this year,” said Governor Noem. “So many South Dakotans are stepping up to help, and I want to thank the South Dakota telecommunication

companies that are teaming up with us to make this access possible.” Eligible households will receive a letter this week indicating eligibility and identifying a telecommunications company to call to access free internet service through K-12 Connect. To enroll, eligible households must call the telecommunications company noted in their letter to set up service. Providers will install the necessary equipment on a first-come, first-serve basis. Internet service will be provided through June 30, 2021. After that time, the household must return the equipment to the provider or continue services at the household’s expense. Households must meet all of the following: \*Have at least one student currently enrolled in an accredited South Dakota K-12 school; \*Must meet the income eligibility guidelines for the free and reduced school lunch program; and \*The household was not subscribed to a fixed broadband internet service as of July 1, 2020. \*Enrollment closes Nov. 20, 2020. K-12 Connect is a partnership of the South Dakota Governor’s Office, Bureau of Information and Telecommunications, Department of Education, and participating telecommunications companies. Funding for the program is from the CARES Act. More information, including options for households who may qualify but don’t receive a letter, can be found at [k12connect.sd.gov](http://k12connect.sd.gov). Telecommunications companies who are participating in K-12 Connect include: Alliance Communication

Cooperative Beresford Municipal Telephone Company Faith Municipal Telephone Company Fort Randall Telephone Company Golden West Telecommunications Interstate Telecommunications Cooperative Kennebec Telephone Company Long Lines Broadband Midco Midstate Communications RC Technologies Santel Communications Cooperative Swiftel Communications/ Brookings Municipal Telephone TrioTel Communications Valley Telecommunications Cooperative Vast Venture Communications Cooperative West River Cooperative Telephone Company West River Telecommunications Cooperative

