

Rise in Groceries...

continued from 1
 mostly on Social Security. "You can't afford a roast anymore; you have to almost butcher it yourself."

The rising food prices in South Dakota are the result of a combination of broader economic conditions, largely driven by the pandemic, said Nathan Sanderson, executive director of the South Dakota Retailers Association, who also served as a financial adviser on agriculture and other issues for former Gov. Dennis Daugaard.

"It's kind of complicated how we got here, but you don't have to be a rocket scientist and do anything other than pay attention to see that prices are up," Sanderson said.

As with many other businesses, breakdowns in the supply chain anchored by the shipping and trucking industries have made it harder and more expensive to get foods and other goods shipped to states like South Dakota, Sanderson said.

The food-distribution and grocery sales industries are also facing the same workforce shortage that is holding many industries back, Sanderson said. An overall level of inflation in America, which could reach 5% this year, more than double the usual rate, has also added to costs of food growers, distributors and sellers, he said.

But the food industry is facing some unique challenges that are

leading to higher prices, Sanderson said. Before the pandemic, food stocks around the world were high and products were moving efficiently. But the global slowdown in production during the pandemic has led to a disruption in supply and demand, where demand for food is higher than supplies, which ultimately pushes up prices, he said.

"People still need to eat, and demand for food hasn't decreased, it's actually increased during the pandemic as people are making more food at home," Sanderson said. "The demand has increased at a time the production has slowed down."

Sanderson, whose group represents numerous grocers across the state, said it is important for consumers to know that just because they are paying more, it doesn't mean that grocery stores or other businesses are raking in profits.

"At a high level, when consumers are paying more, retail businesses are paying more, too," he said. "Retail sellers aren't getting rich by fleecing consumers, because retailers are paying more, and in fact, a lot of businesses like restaurants are making less than they did before the pandemic."

According to the USDA, food spending rises in families as income rises, but at a slower rate than the rise in income. For families with the lowest 20% of gross incomes in the United States, spending on food averages \$4,400 a year, making up 36% of their income.

For comparison, families in the second-lowest 20% of average incomes spent \$5,500 on food in 2019, which consumed only 18% of their income. Meanwhile, families in the top 20% of average incomes in the U.S. spent \$14,000 on food in 2019, making up only 8% of their income.

Jennifer Stensaas, spokeswoman for Feeding South Dakota, said the group that provides free food to needy families closed its food pantries during the pandemic. The group has moved to providing only mobile food pickup sites across the state but increased the frequency of visits allowed by clients.

Stensaas said she has personally witnessed the rise in food prices in South Dakota, and is aware that increasing prices will force some individuals and families to make increasingly difficult choices about how to spend their money.

"You can see that food prices are going up as we start to see everything around us increase, and you think about people having to make these impossible choices of whether to pay their rent or their gas or utility bills or buy food for their families," Stensaas said.

"We've got families choosing, do they buy their eggs or do they pay their utility bills, do they buy breakfast foods or do they pay their day-care bill? They can't do everything, and that's where we come in and try to help with hunger in our state."

Increasing food prices, particularly among staples such as meat,

dairy products and cereals, can also lead to purchasing of cheaper, more highly processed foods that are not as healthful as more expensive whole foods, Stensaas said. Feeding South Dakota, she said, works hard to purchase or accept donated foods that are as nutritious as possible.

"If you're at the grocery store and you're in financial crisis mode today, and you can't even think about tomorrow, you're probably making choices that aren't as nutritionally sound," she said. "Crisis mode can do things to your strategic thinking that don't always lead to healthy choices for your family."

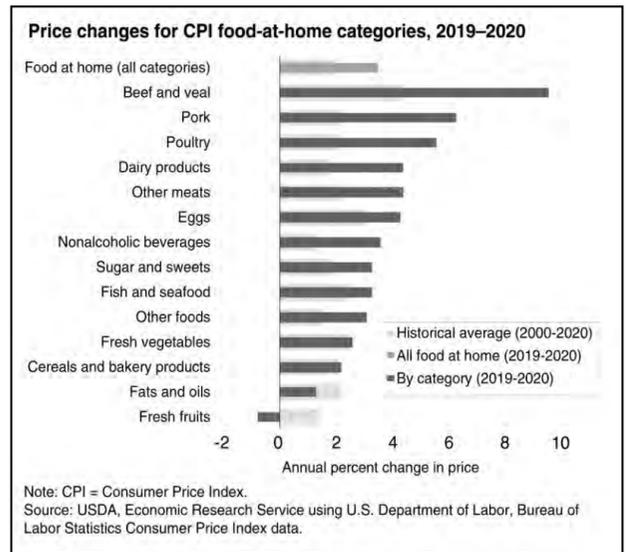
Ken Newling, 70, a retired trucker and chaplain who lives in Pierre, is on a fixed income and has made recent visits to Feeding South Dakota mobile food banks to supplement what he can afford to buy at the grocery store.

"If it wasn't for them, I'd really be hurting right now," Newling said before a recent grocery-shopping trip in Pierre.

Newling said rising prices for meat have led him to purchase more frozen meals, canned meats and processed foods that are generally higher in sodium and fat.

"I've seen the beef really going up, which hurts because I'm a meat-and-potatoes man," Newling said. "That's how I grew up."

Dave Johnson, interim general manager of the Lynn's Dakota-mart chain of grocery stores, said food sellers don't have many options when it comes to pricing, other than offering "loss-leader" deals or weekly specials to attract



customers to their stores. Lynn's is a Rapid City-based regional chain with 10 full-service grocery stores ranging from Belle Fourche in the west to Fort Thompson in the east.

Johnson called the modern grocery industry a "penny business" that generally makes only a small profit on each item, and relies instead on high volume of sales in order to remain profitable.

In general, he said, grocery stores raise prices as little as possible and only to cover higher costs for products purchased at the wholesale level or if other factors such as energy or personnel

costs rise, Johnson said.

"It's mostly out of our control [on pricing]; we just have to do what our distributors and manufacturers require us to do," he said. "It's money in, money out, and you've got to pay the bills."

Johnson said his company is aware that retail food prices have risen, but noted that a recent rise in inflation in the U.S. has also led to increases in the costs of gasoline and other consumer goods.

"It's a competitive business and we're all in the same boat," he said. "We have the same problems that everybody else does."

The Kougar Column

Kadoka Area Students



Photo courtest of Ashley Schofeild

Jessa Willert, Jacoby Quick Bear, and Kallen Magelky enjoying some after-school playtime!

By Ashley Schofeild

Hello from the Afterschool Program! We have been busy this month with all kinds of fun activities. Mondays are spent on different kinds of projects. This week the kids made shake jars where they hid 10 items in beans that were donated by the community. They had to write a list of what was hiding in there for their families to find when they took them home. On Tuesdays, we have been reading a Halloween book and doing a Halloween craft. You should see all the amazing artists we have in our school! On Wednesdays, we are doing STEM projects. Miss Nikki comes up with some great ideas! This week we will be creating floating ghosts with tea bags and a toilet paper roll. On Thursdays, Miss Kaycee from 4-H comes and teaches the kids about all kinds of things. This week she talked about weathering rocks and I was blown away with how much the older kids were able to teach the younger kids!

This week, I asked some of the kids that were there what their favorite part of After School was. Here are their responses...

Kallen: I like staying for all of After School. I like being with my friends and playing football with Jacoby. I don't like mud boots though when I play football.

Mato: I like recess.
 Brayden: I like the recesses.
 Isaac: I like going home when

Grandpa gets me.

Xavier: I like hanging out with my friends.

Zander: I like doing projects.

Easton: I like doing crafts.

Elsa: I like listening to the teachers when they tell directions.

Kenyon: ACTIVITIES!

Kaidean: I like challenging people in trying to see who can get on the twirly things and who can hold on the longest. (Out at recess)

Charlee: I like the art.

Dylan: Everything!

Emmet: Eating the lunch.

Damien: Going out to recess.

Jessa: When I get to stay and playing horses with my friends.

Jacoby: I like recess and also playing football.

As a teacher, my favorite part of the After School program is seeing all the kids that come and getting to see them shine in projects that we do. The older kids have been so great at helping our younger group and are very patient with them this year. We feel lucky to spend an extra hour and a half with these kids every day! Happy Halloween from all of us!

By Robert Lukens

Once again, I am excited to write to you today about the beautiful things happening at the Kadoka Area School. Each day I walk the halls, it never fails me that I will see a teacher or staff member going to great lengths to make a child's day better. Moments like these fuel



Photo courtest of Brianna Badure

Kaycee Jones getting a 4H project together for a few after-school attendees. Left to right: Emmet Dull Knife, Easton Patterson, Isaac Bad Wound, Brayden Herber, Kallen Magelky, Estin Dull Knife.

my passion for education, we are producing tomorrow's workforce, and every child matters as America maps out its future.

This week we are excited to see the middle school start their winter sports season with the girls basketball having their first tournament at Philip. The girls just finished their volleyball season and are getting ready to roll right into a new activity. The grind of sports so close together can be exhausting for some, especially parents, and we deeply appreciate the sacrifice parents make to allow their students to participate in an activity. An excellent education is not complete without a collaborative learning component, and activities provide this. Thank you to all who make that possible.

The volleyball team will have a parents' night on Tuesday this week, and we want to recognize all the work they have put in this season. Currently, have a record of 18-11 and sit fifth in the region standings. While I have written quite extensively about the great work of our football coach the past two weeks, I want to make sure I heap just as much praise on our volleyball coaches. Our girls are attempting to reach the SoDak 16 again this year. Still, more importantly, they will hope to continue the streak of volleyball teams to be

recognized for their academic performance while participating in the season. The team looks forward to the playoffs starting next week and making another run into the final 16.

The choir program will celebrate their all-state concert this coming Saturday at the Monument in Rapid City. My praise and the importance of the arts in a well-rounded education is not unheard of in this column. Still, in emphasis, we must recognize that mathematics and music seem so far apart as subjects. Consistently, we see nationwide that those involved in the arts score better on the math portions of standardized exams. We thank all of our staff involved in making this program possible and feel honored to send students to the all-state choir on the 30th.

In summary, many things happen in the school daily, and I hope some of these events that I write about interest you and help you understand what a wonderful place Kadoka Area School is. Sometimes, a small community takes the value of the institution they have right in their town for granted. However, I am proud to work here and send my children to school here, and we appreciate your support.

Thank you,
 Robert Lukens
 MS/HS Principal

Prairie Doc Perspective



Jill Kruse, D.O.

Wound Care for Henry VIII

When we think of Henry VIII most of us envision an oversized man with multiple wives, a bitter personality, and a propensity for beheading his enemies. A lesser-known fact is that he suffered with chronic leg sores the last twenty years of his life. Living in a time before antibiotics, anesthesia, and proper wound care, this king endured excruciating ulcers with no cure available. Would history have been different if his sores could have been treated with today's advanced wound care?

As a young man, Henry was athletic and active. Unfortunately, he had multiple sports injuries, and one which occurred in January 1536 seemed to initiate chronic wounds. He was thrown off his horse at a jousting tournament and his fully armored horse landed on top of him. Reports from the time state he was unconscious for two hours and had several leg bone fractures. Initially he appeared to heal, but he later developed ulcers in his legs, and historians note at that point his personality changed.

His doctors lanced and drained his ulcers, but they never fully healed. There is much modern speculation as to what caused his sores. Likely the injury was the source, but his love of wearing garters around his calves also likely increased his risk for developing varicose veins and blood clots in his legs. His activity level dropped due to his pain and his weight increased. He was at increased risk for type 2 diabetes, high blood pressure, and high cholesterol. All these things together made him susceptible to leg ulcers from blood vessels that did not work well making it difficult for his initial wounds to heal.

If I were transported back to



Twenty Seasons

Henry's court with the limited medical knowledge of that time, there would be little I could do to help him. However, if we were to transport Henry to modern day, we would observe his veins and arteries with ultrasounds. We'd use CT scans to see if infection had gone into the bone. We could determine his ankle-brachial index indicating how well his blood is flowing. And Henry would be given anesthesia while we probed and debrided the wounds. We could treat the root of the infection with antibiotics. And devices such as vacuum assisted closure (wound VAC) and hyperbaric oxygen chambers could help close sores that were left untreated in his time.

History may have looked very different if King Henry had not fallen from his horse launching a cascade of medical problems. Today, we can learn from his misfortune and take advantage of current wound care treatments which avoid unnecessary suffering, and possibly...change the course of our history.

Jill Kruse, D.O. is part of The Prairie Doc® team of physicians and currently practices family medicine in Brookings, South Dakota. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook featuring On Call with the Prairie Doc® a medical Q&A show celebrating its twentieth season of truthful, tested, and timely medical information, broadcast on SDPB and streaming live on Facebook most Thursdays at 7 p.m. central.



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STATE BIRTH RECORDS ACCESSIBLE THROUGH COUNTY REGISTER OF DEEDS

Certified copies of birth records from across the state are available in Jackson County, according to Mitzi Mitchell, Register of Deeds. The office has access to computerized birth records statewide and can issue a certified copy of any South Dakota birth. In the past, birth records were only available from the county where the birth occurred or from the South Dakota Department of Health, Vital Records Program.

Birth records are available from 1905 on.

As earlier years are entered in the computerized system, records from those years will also become available.

The cost for a certified copy of a birth record is \$15.00 as of July 1, 2012.