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continued from page 1

• Rather than roller skate wheels screwed into a plank, wheels are now attached to trucks, T-shaped components that are attached to the underside of the board. These allow the rider to turn the board by leaning left or right and to perform grinds on rails and ledges. The wheels contain bearings that minimize friction and increase speed.

• Skateboarders differ in their stance while riding, depending on which foot is out front. Those whose right foot is on the back of the board when facing forward assume the "regular stance." When the left foot is on the back, the rider is exercising the "Goofy" stance, named after none other than the Disney character Goofy. In 1937, the Disney movie "Hawaiian Holiday" was released, the first animated film to depict surfing. Goofy was featured riding with his right foot forward and his left on the back of the board, leading to his posture giving his name to the stance. In addition to these two "natural stances," there are three other postures considered "unnatural." A rider in the Fakie stance is riding backwards while moving forward, while the Nollie stance puts a rider's front foot on the nose of the board and the back foot in the middle. Anytime a skateboarder rides opposite of their natural stance, it's called a Switch.

• In the early 1970s, when a drought hit southern California, most homeowners drained their swimming pools in order to conserve water. Some innovative skateboarders saw the concave shape of pools as a good place to practice. Riding higher up the pool's sides led to various tricks, including "getting air." It wasn't long before the idea of building ramps for boarding was conceived, leading to the development of the "half pipe."

• Tom Stewart of Encinitas, California, along with his architect brother Mike, are credited with designing and building the first halfpipe. Mike created the blueprints and before long, the brothers were selling the plans to other boarders.

• The first official skate park, Surf City, opened in



Summer Reading Program 2021 From the Big Stone City Branch Library

Children ages 5 through Grade 5 • Theme: Tails and Tales @ the Library!

• Wednesdays, June 2 through July 14, 2021, 1:45 pm through 3pm

Free library reading program. Children read books with parents at home and earn

prizes by reading and participating in the activities at the library.

South west door of the Big Stone City Community Center, 400 Washington Street,

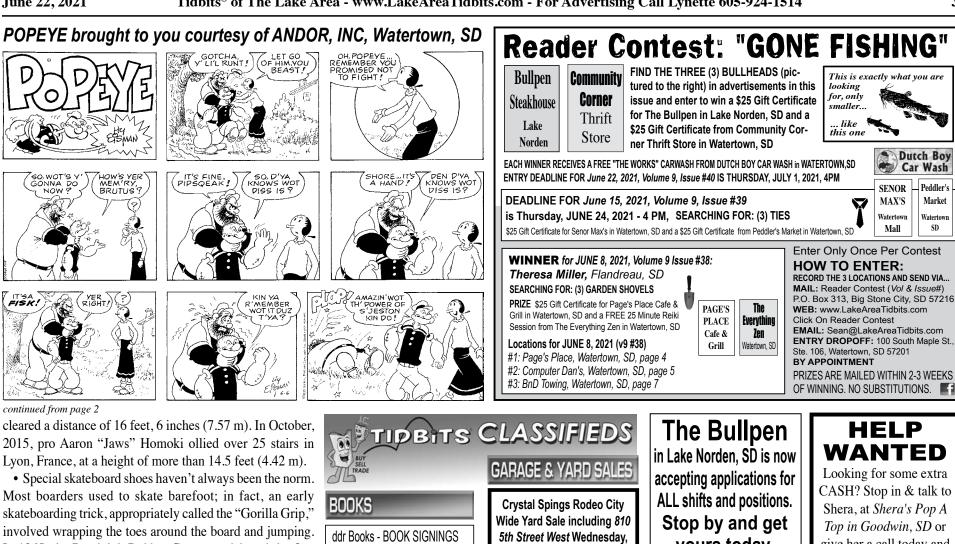
September, 1965, in Tucson, Arizona.

• The first modern-day skateboarding trick was introduced in 1978 by a young skater named Alan "Ollie" Gelfand. Ollie didn't set out to invent the "Ollie" (as the trick is now known), but by slamming his back foot down while sliding his front foot upwards and simultaneously jumping into the air, and leaving both feet on the board, the trick was born. • The record for the longest Ollie belongs to pro

skateboarder Jordan Hoffart who, in November, 2014,

continued on page 3





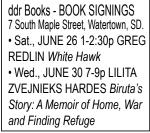
involved wrapping the toes around the board and jumping. In 1965, the Randolph Rubber Company debuted the first skateboard shoe called the Randy 720, similar to a Keds boat shoe with thick rubber outsoles. There were advertised with a "Tuff Toe 'n Heel and "Tuffer" Randyprene rubber. Unfortunately, within a year after the 720's introduction, the company went under. In 1966, one of Randolph's employees, Paul Van Doren, joined forces with his brother Jim to create their own company they dubbed Vans. They manufactured the shoes on the site of their Anaheim, California, store, and sold 12 pairs their first day of business.

• What would this sport be without Tony Hawk? As a preteen, the San Diego-born Hawk was identified as hyperactive and gifted with an I.Q. of 144. He used his excess energy to excel at skateboarding, and became a pro boarder at age 14. In 1999, at age 31, Hawk became the first to land a "900," a trick that involved completed 2.5 mid-air revolutions, rotating 900 degrees. That year, a video game series entitled "Tony Hawk's Pro-Skater" made its debut. Since then, the series has generated 18 titles.

• Tony Hawk may have officially retired from pro competition in 2003, but that didn't stop him from performing his final "900" in 2016 at age 48.

• Pro boarder Rodney Mullen has been called the "Godfather of Street Skateboarding." Like Tony Hawk, Mullen was also a pro at 14, winning his first world skateboard championship at that age. Mullen is well-known for his invention of more than 30 tricks, including the kickflip, heelflip, flatground Ollie, Switchstance 360-flip, and Godzilla rail flip.

• Just how dangerous is skateboarding? About 100,000 boarders visit U.S. emergency rooms each year due to skateboarding-related injuries. Many of the injuries stem from the fact that only 40% of riders wear the right protective gear - helmets, wrist guards, knee pads, etc. However, that total number is less than 25% of the number of injuries



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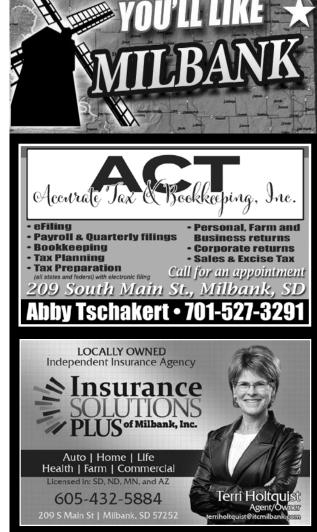
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reported by basketball players!

• The country of Norway considered skateboarding dangerous enough to ban the sport from 1978 to 1989. During the 11-year prohibition, boards were smuggled from Germany and ramps were hidden in the woods to evade the law.

• Skateboarding will become an Olympic sport for the first time in 2021 at the Tokyo Summer Games.

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Strange BUT TRUE by Lucie Winborne

1995. Some people believe that high levels of copper in the water pipes nearby may have given his fur a verdigris effect.

• Edgar Rice Burroughs, creator of the iconic jungle man Tarzan, worked as a pencil-sharpener salesman before trying his hand at fiction. He only started writing at the age of 36 to support his wife and two kids.

• Boanthropy is a psychological disorder in which patients believe they are a cow.

• The infamous crocodile jump by James Bond in "Live and Let Die" was performed with real crocs by the only person willing to attempt it -- the owner of the crocodile farm.

• In early 2015, Mattel released Hello Barbie, an interactive talking doll that didn't just repeat preprogrammed phrases, but could actually hold a two-way conversation. The doll raised major concerns over privacy, however, since the discussions between it and child owners were recorded and



• A green cat was born in Denmark in sent to third-party vendors. Goodbye, Barbie!

• Like casinos, your local shopping mall is intentionally designed to make you lose track of time, with clocks and windows removed to prevent views of the outside world, in a type of "scripted disorientation" known as the Gruen Transfer.

• The original recipe for chocolate contained chili powder instead of sugar.

• As if it weren't cool enough that your DNA encodes the entire blueprint for your body using a set of just four characters (amino acids), you can treat the outside surface of cotton fabric with concentrated genetic material, as the DNA is also flame retardant: Its molecules are similar to those in other fireproofing substances.

...

Thought for the Day

"I'm a great believer in luck, and I find the harder I work, the more I have of it."

Thomas Jefferson

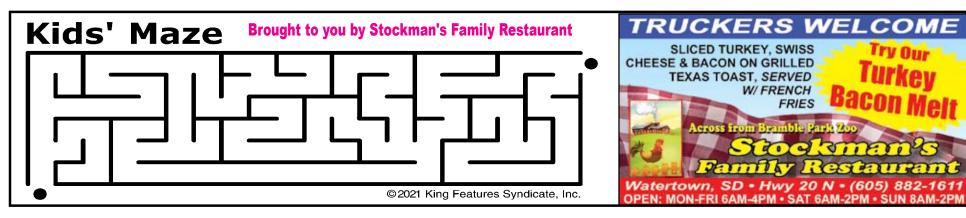
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Holidays & Observances This Week

- 6/20 Family Awareness Day
- 6/21 Organic Day
- 6/22 Mirth Day
- 6/23 Let It Go Day
- 6/24 Celebration of the Senses Day
- 6/25 Take Your Dog to Work Day
- 6/26 National Descendents Day







WONDERFUL WORDS FOOD WORDS by Janet Spencer

• In Greek, gastro means stomach and nomia means law: gastronomic = the law of the stomach.

• In France, grourmet meant a groom for the horses. Later it



Weekly SUDOKU

by Linda Thistle

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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
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came to mean any servant. Some servants were wine-tasters; some were connoisseurs of food. Eventually the word came to mean one who is well studied in fine foods— a gourmet.

• The Middle Dutch word snacken meant to snap at a thing, such as a dog snaps at a morsel of food tossed its way. Today the English version of the word is snack.

• The French word bancus meant little bench, such as one would sit on during a banquet.

FOODS NAMED AFTER PEOPLE

• Prince Charles Phillipe de Condé, grandnephew of Louis XIII, King of France in the 1600s, had a sweet tooth. He wouldn't eat anything that wasn't sweet. A chef made up a glaze made of sugar, egg whites, and nuts. Poured over meats and vegetables, Prince Condé finally ate stuff that was good for him. The glaze was named after Condé, and the word came to mean anything sweet: candy.

• Samuel Benedict was a famous playboy. After a night of partying in 1894, he went into the kitchens at the Waldorf-Astoria in New York and made himself breakfast. It consisted of two poached eggs on top of bacon on top of buttered toast with Hollandaise sauce poured over all. The chef was so impressed that the Waldorf added it to the menu and named it after the inventor: eggs benedict.

• Ancel Keys worked at Mayo Clinic in Minnesota. He invented a nutritious food that soldiers in the field could eat. It was named after the man who invented it: K-rations.

EATING YOUR WORDS

In French, hors means outside and oeuvres means the works: literally 'apart from the main work.' The Latin word salsus meaning salted gives us our salad. Cole slaw is a salad which comes from the Dutch terms koolsa meaning cabbage, and sla meaning salad. The French word for head, caboch, gave us our cabbage. Spago is the Italian word for little cord: spaghetti. The cantaloupe was first grown in Cantalupo, Italy, and brussels sprouts come from Brussels, Belgium. Gelatin, Jello, and jelly come from the Latin word gelo meaning to congeal. Desservir is French for clear away, and that's what you do before dessert is served. If you have some tutti-frutti for dessert, you're eating an Italian word meaning 'all fruits.' If you have some chocolate, you'll be using a Mexican-Indian work for bitter water, chocolatl. And if your family is giving you heat over the number of calories you're consuming, well, calorie is Latin for heat. FAST FACTS



mispronounced by the English and became mushroom.

• The German word knappen means 'to eat' and a knappensack was a sack holding things to eat: a knapsack.

• The Peruvian word charqui meant meat that had been cut in strips and hung out to dry. Today we call it jerky.

• In Old English, grappe meant a cluster of fruit growing together, and grape was the hook that they were gathered with. Today, grape means the fruit itself, and grapple means struggling with a problem much as a harvester struggles with a hook.



Registration begins at 8 a.m. for all Tractors at the New Effington Community Center 50 miles of fun with your tractor starts at 9 a.m.

With stops at Dan and Amy Piotter, Toby and Hayley Martenson (For Lunch),



• Peanuts are known as goobers because the African word for peanut is nguba.

• The old French word moisseron was Yost Family Farm in afternoon, ending at New Effington Community Center

EVERYONE IS WELCOME!

New Effington Museum & Schafte School ~ will be open Evening Meal ~ 5 to 7 p.m. ~ Free Will Donation Live Auction ~ To be held during street dance Street Dance ~ Soggy Bottom Science Boys 7 p.m. to 12 Midnight ~ Free Will Donation For more information go to Facebook for Country Tractor Run Support provided by Thrivent Financial The Adopt-A-Wish[™] Partner



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SOUTH DAKOTA



June 22, 2021



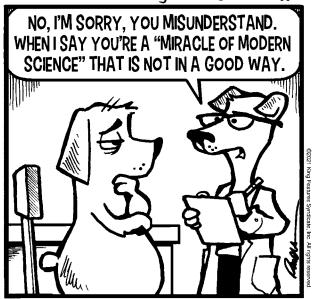
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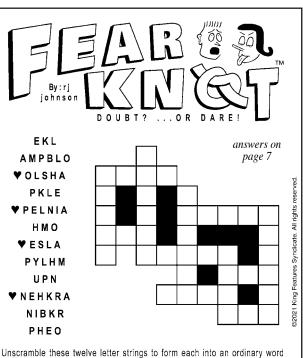
TYPES OF PEPPER

• There are around 20 species of Piper plant, and about 100 types of products that they yield, but Piper nigrum, black pepper, remains the all-time favorite. The berries yield three different kinds of pepper, depending on when they are as the capsaicin which makes chili peppers hot. harvested and how they are treated.

• To get black pepper, the berries are harvested while still green and immature, before they have turned red. When they are dried, they turn black and wrinkled.

Just Like Cats & Dogs by Dave T. Phipps





(ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (ullet) 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.

• To get white pepper, the ripe red berries are soaked in water, then mashed and rinsed so the flesh of the berry falls off and is discarded and only the interior white pit remains. Usually they are pickled or canned and sometimes they are quickly dehydrated or freeze-dried. White pepper is more aromatic but doesn't taste as pungent. It is generally used in places where the chef doesn't want little black specks showing up, like cream sauces.

• Green peppercorns, picked from the vine while still green berries, are not dried out in conventional methods and will therefore rot quickly if not preserved. Green peppercorns have a fresh, mild flavor.

• Because most of the piperine is contained in the skin of the berry, black pepper has the fullest range of flavor and aroma. It is also the easiest to produce, so it's the least expensive kind.

• Ground pepper is speckled in coloring because each ground up peppercorn consists of the dark covering and the light pit.

• Refined piperine, by weight, is about one percent as hot

• It's been estimated that an ounce of pepper is enough to season nearly 1,500 eggs.

COOKING WITH PEPPER

• Pepper that's added to soups and stews will taste different from pepper added to fried or roasted dishes. The oils released when the peppercorn is cracked begin evaporating as they are gradually dispersed throughout the food. Lengthy simmering will destroy the flavor, so it's best to add the pepper at the end of the cooking. Some chefs use white pepper while the dish is cooking, and garnish with black pepper just before serving.

• Simple recipe: To make pepper-flavored butter, grind about one teaspoon of pepper corns. Place them in a cheesecloth bag. Melt about half a pound of butter, and let the bag full of crushed pepper simmer in the butter for a short time. Remove the pepper and chill the butter. Use the pepper butter on vegetables, steaks, and potatoes.

• Soak a few whole peppercorns in milk prior to making a white sauce for a savory flavor.



with freshly ground pepper.

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• Add a few drops of pepper oil to brandy to give it extra kick.

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Find the **<u>bolded/underlined</u>** words in the diagram. They run in all directions — forward, backward, up,

down and diagonally.

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FAST FACT

• Pepper only grows well in tropical regions where there is heavy rainfall followed by a dry spell. When Portuguese explorer Vasco da Gama wanted to transplant cuttings in Europe, the ruler of Calicut in India told him, "You can take our pepper, but you will never be able to take our rains."



• Toast peppercorns in a dry frying pan for a nut flavor.

Street vendors in India often sell sliced fruit sprinkle

Even Exchange by Donna Pettman

answers on page 7

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 Luther King	T	Hemingway's fish	L
2. Royal headwear	c	Puckered brow	F
3. Pancake mixture	_ A	Toast topping	_ U
4. Tonsils' location	0	Menacing warning	E
5. Full of energy	E	Litter member	U
6. Cooked an egg	I	Set loose	E
7. Ice cream treat	E	Holy day	Y
8. Code inventor	R	Mickey or Mighty	U
9. Front-runner	A	Financier	N
10. Explosion	_ L	Fly your own kite	_ 0
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1. Hong Kong 2. Vancouver 3. Sydney _ 4. Melbourne 5. Los Angeles 6. Toronto 7. Auckland 8. San Jose 9. San Francisco 10. London Source: Bloomberg

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June 22, 2021



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Toronto Hendricks

Truly Cooperative

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794-4861

FAX 794-4961

• Always keep a couple bottles of water and a roll of duct tape

in your trunk. You never know when you'll need these items,

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

and they seem to be pretty handy when traveling.

7



1. U.S. PRESIDENTS: Who was the first president to sign into law a declaration of war? 2. TELEVISION: What was the name of the

federal agent in the 1990s drama "Twin Peaks"? 3. GEOGRAPHY: What is the smallest country in South

America?

4. GENERAL KNOWLEDGE: What is the color maroon?

5. INVENTIONS: When was the can opener invented?

6. MOVIES: What was Andy Dufresne's profession before he was sent to prison in 1994's "The Shawshank Redemption"?

7. U.S. STATES: Which state was the last one to be admitted to the union?

8. FAMOUS QUOTES: Who wrote this about summer, "Live in the sunshine. Swim in the sea. Drink in the wild air"?

9. HISTORY: In what year were the first slaves from Africa

brought on a ship to the American colonies? 10. GEOLOGY: What kind of rock is coal?



• Fill a 2-liter soda bottle with water, then plunge the top upside down into a potted plant for self-watering while you are on vacation. Use smaller bottles for your hands over your mouth smaller pots.

answers on

page 7

• Going to the beach for your vacation? Here's a handy hint air, and it will recirculate to take great care of your swimsuit. (They get more expensive all the time!) Pack at least two suits and bring a box of baking soda. Soak the suit for 15 minutes in a baking soda and water solution, then lay flat on a towel. Roll the towel up and wring lightly. Unroll and hang to dry. Rotate suits. -- JoAnn





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• Help for a sunburn: Take two nonsteroidal anti-inflammatories (aspirin, ibuprofen) right away. Soak a cloth in cold milk and drape over the burn until it warms to room temperature. Repeat if necessary and apply a light moisturizer.

• Use your Christmas light timers to set different lights to go on or off at certain times of the day while you are away

on vacation. You can even use a timer on a radio, so it comes on sometimes too. The variation will make people think you are home. • To ease the ache of a brain freeze, simply cup and nose. Blow out hot to warm your palate in

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King Crossword -Answers

Solution time: 22 mins.

Ι	S	1	S		А	W	L		0	D	D	S
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SWAMPS

LUGRATAR

LANAT NAPO



6. Fried, Freed

Even Exchange

Martin, Marlin

2. Crown. Frown

FEARS

answer

SEA

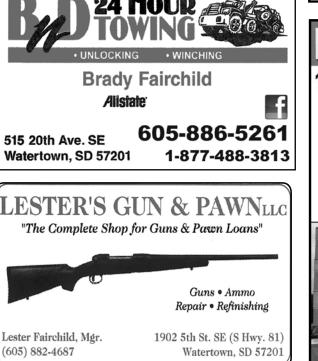
YMPH

TRIVIA TEST Answers 1. James Madison, War of 1812

2. Agent Dale Cooper 3. Suriname 4. Dark brownish red 5. 1858 — almost 50 years after canned food was invented 6. Banker 7. Hawaii 8. Ralph Waldo Emerson 9.1619

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10. Sedimentary





Dust Mite Allergy Triggers Cough

DEAR DR. ROACH: For months, I have had a persistent cough that I have been unable to get help with. I saw an allergist about

three years ago and was told I am allergic to dust mites. I was first referred to a lung doctor where X-rays showed that my cheek sinus drains were completely blocked, and then to an ear, nose and throat doctor, who also confirmed this diagnosis.

This ENT doctor recommended I have surgery to unblock the drains and clear out the sinus area. I understand that sinus drainage can cause coughing and wonder if this would still make me cough. I sometimes cough until I can cough up something, and this seems to stop my cough for a while. I was using a nasal







Ceramic artists mentioned in auction descriptions or reports are almost always the ones who shape the piece, a dinnerware designer or an artist who creates unique pieces by modeling clay or developing unique glazes. But that wasn't always true. In the 1700s and 1800s, there were artists who decorated porcelains with paintings of gardens, flowers, portraits, religious scenes or buildings. Another artist made the ormolu mounting to complement the painted picture.

In the early 1900s, housewives began painting ceramics. Amateurs and artists bought marked plain white porcelain from Germany, Japan, England and other countries, and then decorated them in American styles. Magazines featured instructions and designs for this hobby. Special paints could remain permanently on a glazed vase or dinner plate even when washed. Unfortunately, the paint will not always survive the heat of a modern dishwasher, and the art can disappear.

One of the most famous professional decorators, John Bennett, was born in Staffordshire, England, in 1840 and worked at Doulton & Co. in the 1870s. He moved to New York about

rinse for a while until about two weeks ago when it caused my nose to bleed. The ENT doctor prescribed antibiotics and oral steroids that did not make any difference. It doesn't seem to make any difference whether I'm home or sitting in the doctor's office, I'm still coughing. What is the best way to deal with dust mite allergy? -- J.S.

ANSWER: There are many causes of chronic cough, but postnasal drip is at the top of the list. Dust mites are indeed a common allergen, and symptoms may include runny nose, watery eyes, sneezing and cough from postnasal drip. Specific treatment for dust mites should include physical barriers, such as covers for pillows and mattresses, and sometimes for other soft surfaces, like furniture cushions, but this is only part of an effective strategy. Removing as many fabrics as possible (draperies, carpets, stuffed children's toys) where dust mites can live is essential. Regular cleaning is necessary, and high efficiency particulate air (HEPA) filters for vacuuming have been shown to reduce dust mites. A low-humidity environment can be very effective in discouraging dust mites, and cooler air -- especially at night -- can reduce irritation of nasal passages caused by dry air. Many interventions for a prolonged period are necessary to reduce dust mite infestation and the symptoms associated with them.

This is critical, because the issue of the sinuses is probably secondary to ongoing allergic exposure. Fixing your sinuses will not fix your ongoing symptoms. Without control of the allergens, you will continue to have symptoms and may even develop sinus blockages again, no matter how good a job the surgeon does on your sinuses.

DEAR DR. ROACH: I am 90 years old. My husband and I donated blood as often as needed, over 100 times, but last week my

doctor said I tested positive for syphilis. I about fell off my chair. I haven't slept for four nights. Have you ever heard of this? -- E.

ANSWER: The screening test for syphilis, called the VDRL or RPR test, is not particularly accurate. About 1-2% of people will have a false positive result.

1876 and started his own ceramic business. In 1882, he retired, moved to New Jersey and decorated pottery that he stamped spot. "W. Orange-N. J." Bennett died in

1907.

His ceramic paintings were asymmetrical designs of colorful flowers and nature. He was influenced by the aesthetic, and arts and crafts movements. His work is expensive today. This very large covered urn, 16 1/2 inches high, is signed "Bennett." It pictures clusters of pink and white hydrangea blossoms and green leaves on a black background. Rago Arts and Auction Center sold it for \$5,000 plus buyer's premium.

Q: I have a boxed Little Hostess Party set that belonged to a distant relative. It is a set of glass children's cups, saucers and plates in pastel colors. What should I price it at my house sale? How old is it?

A: The sets were made in the 1940s and '50s by Atlas Glass

Company. The heat resistant glass is called Platonite. There



The decoration on this lidded urn made in the late 1800s is what made it worth the \$6,100 paid by a bidder at a Rago auction. John Bennett painted this one-ofa-kind decoration.



Meaning, the test is positive but they do not have syphilis. There are many possible causes, such as infection and autoimmune disease, like lupus, but some people, particularly older people, will have a positive test for no identifiable reason.

In your case, I am sure it is a false positive, but your doctor may do a more specific test, such as an FTA-ABS, to be 100% sure. You shouldn't let it keep you awake at night.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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by Mike Marland



er. Shake off the excess water. Let the basket dry in a shady

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