

# MMC To Honor Moller, Kessler At Commencement

Mount Marty College will host spring 2010 commencement exercises at 10 a.m. Saturday, May 8, at Laddie E. Cimpl Arena, 1105 W. 8th St., Yankton.

Mount Marty College alumna Dr. Mary D. Moller will give the commencement address and receive an Honorary Doctorate of Humane Letters during the ceremony. Sister Ann Kessler, O.S.B. will also be receiving an Honorary Doctorate.

Moller, DNP, APRN, PMHCNS-BC, CPRP, FAAN is an Associate Professor at the Yale University School of Nursing where she is the Specialty Director for Psychiatric-Mental Health Nursing. She is an Advanced Practice Registered Nurse dually certified as a clinical specialist in adult psychiatric-mental health nursing and a psychiatric rehabilitation practitioner.

Dr. Moller received her Bachelor's Degree in Nursing from Mount Marty College in 1971; her Master's Degree in Psychiatric-Mental Health Nursing from the University of Nebraska Medical Center College of Nursing in 1982; and the Doctor of Nursing Practice Degree from Case Western Reserve University in 2006. She received the Case Western Dean's Legacy Award for her research entitled "The Lived Experience of the Patient with Schizophrenia in the Postpsychotic Adjustment Phase of Recovery from Psychosis."

From 1992-2008 Dr. Moller was the Clinical Director of The Suncrest Wellness Center, an outpatient psychiatric clinic in Spokane, W.A. that was featured with Patty Duke on "Good Morning America." In addition to her administrative duties, she carried an ongoing caseload of more than 150 patients where she was responsible for primary mental health care including prescribing and monitoring psychotropic medications. She is also President of NurSeminars, Inc., an international consulting firm, and Adjunct Associate Professor at Kansas University School of Nursing in Kansas City, Kansas, where she developed their first Web-based psychopharmacology course for psychiatric nurse practitioner students. Dr. Moller is also consultant to the Israeli Ministry of Health Division of Psychiatric Nursing.

She has authored or co-authored more than 40 articles and book chapters, produced an award-winning videotape series, and made more than 800 professional and research presentations in 44 states and internationally since 1980. In 2008 Dr. Moller was inducted as a Fellow of the American Academy of Nursing. She is currently the President of the American

Psychiatric Nurses Association.

Dr. Moller and her husband, Chuck, reside in New Haven, Conn. They have two grown sons, Brock and Scott, and one grandson, Braden.

Sister Ann, O.S.B., an Aberdeen native, began her pursuit of higher education at Mount Marty College where she received a Bachelor's of Arts degree in History and Social Sciences in 1953. She then received a Master's Degree in History from Creighton University, Omaha, Neb., in 1957 and a Ph.D. from Notre Dame University in 1963.

Her post-graduate studies were done at the Universities of Hamline, Michigan, Minnesota, Hawaii, along with San Diego State and the University of South Dakota. She has traveled extensively to many countries in all continents doing research for her writings and furthering her knowledge of history and culture.

Sister Ann's teaching career at Mount Marty College began in 1962 as a Professor of History and Political Science, a position she held for 37 years both as a full-time and subsequent part-time professor. She served as Academic Dean at Mount Marty from 1963-1965 and was visiting Professor of History at Marquette University in Milwaukee 1969-1970. She returned to teaching at Mount Marty College as Professor of History and Social Science in 1970. Sister Ann also taught criminal justice and geography and lectured extensively to many different groups on church history and monastic history.

Sister Ann has been involved in numerous historical and political associations. She has served on the National Committee for Fulbright Scholar Selection, South Dakota Humanities Council, South Dakota Commission on Criminal Justice, Yankton Historical Society and the Governor's Citizen Committee on Corrections. These groups are just a few of the organizations and committees she has shared her talents with through the years.

She served on the Mount Marty College Capital Campaign Steering Committee in 2000-2001 and has given lectures to various groups. Sister Ann's extensive research and love of Benedictine history led to the publication of "Benedictine Men and Women of Courage: Roots and History," a study she completed in 1996.

On May 3, Sister Ann will be inducted into Mount Marty College's Athletic Hall of Fame. She is recognized for her loyal support of Mount Marty athletics and her mentorship of student-athletes throughout her years of teaching.

# Groundbreaking Set For New Centerville Pharmacy

From P&D Staff Reports

CENTERVILLE — Pioneer Memorial Hospital & Health Services will host a May 5 groundbreaking ceremony for its new Centerville Community Pharmacy. The 3 p.m. ceremony will be held across the street from the pharmacy's current location on Main Street.

Georgia Pokorney, the Pioneer Memorial chief executive officer, said the new pharmacy will meet several needs at once.

"The new building will provide much needed space for our pharmacist and staff and allow us to offer an expanded retail area," she said.

"The new building also includes a large meeting room with an outside entrance so that it can be used by the community even when the pharmacy is closed."

The pharmacy should be ready later this year, Pokorney said. "Construction is expected to begin on May 10, and if all goes well, we anticipate a fall grand opening,"

she said.

Brendyn Richards, director of development, said the needed funds were secured for the pharmacy.

"Donations of area citizens, fundraisers held, a \$15,000 grant from the Adams-Mastrovich Foundation, and the \$150,000 Challenge provided by Dr. Rose Faithé allows us to begin the construction phase of the project," he said.

The public is invited to attend the groundbreaking ceremonies.

Brief comments will be made by Pokorney and Melanie Parsons, president of the Pioneer Memorial Hospital & Health Services board of directors.

Ten individuals will break ground for the new facility including Pokorney, Parsons, Richards, Cody Carstensen, Bill Hansen, Mayor Jay Ostrem, Paul Reynolds, Jean Peterson, Grace Tidball, and LaVonne Isaak.

Coffee and cookies will be served to those attending.

# Springfield Council Election Remains Same After Recount

From P&D Staff Reports

SPRINGFIELD — The results remained the same after Friday's recounts for two Springfield council seats.

Both the winners and the vote totals didn't change after the recounts, according to the city finance office. The recounts were conducted by three-member boards consisting of a representative for each candidate and a third member selected by City Finance Officer Candace Grassel.

In Ward I, incumbent Brian Jones defeated challenger Greg

Stockholm 59-57. Jones has served a two-year term.

In Ward III, Greg Walpole defeated Bruce Waage 35-51. The ward was assured a new councilman, as incumbent Al Gimbel didn't run for re-election after 21 years in office.

Stockholm and Waage had each filed a written request for a recount.

In the race for mayor, incumbent Norm Schelske defeated Kenneth Yule 183-154 for a two-year term.

The winners will begin their new terms at the May 3 council meeting.

# Yankton Unemployment Rate Inched Up In March

From P&D Staff Reports

After several months of decline, Yankton's unemployment rate inched up slightly in March.

According to data released Friday by the South Dakota Department of Labor, Yankton's unemployment rate in March was 6.2 percent, up from 6.1 percent in February.

Rapid City had the highest unemployment in the state with 6.4 percent. Yankton and Watertown were tied for second place.

The number of unemployed in Yankton did not actually change from February to March. It held steady at 470. However, the size of the labor force declined from 7,680 to 7,395, accounting for the higher unemployment rate.

The unemployment rate for Yankton County rose from 5.2 percent in February to 5.4 percent in March. The number of unemployed climbed from 610 to 625.

Vermillion had the lowest unemployment rate in the state with 4 percent, although that was up from 3.5 percent in February. Pierre had a 4.1 percent unemployment rate. Sioux Falls was at 5.7 percent, while Mitchell stood at 5.3 percent.

Unemployment in four of seven area counties went up in February:

- 5.4 percent in Bon Homme County, up from 5.1 percent in February;
- 4.2 percent in Cedar County (Neb.), the same as in February;
- 4.7 percent in Charles Mix County, up from 4.5 percent in February;
- 4.1 percent in Clay County, up from 3.6 percent in February;
- 4.6 percent in Hutchinson County, up from 4.4 percent in February;
- 5.4 percent in Knox County (Neb.), the same as in February; and
- 5.7 percent in Turner County, down from 5.9 percent in February.

# ASK THE EXPERTS?

## Family Medicine

**Q** What is a family doctor?

**A.** Many people do not understand all that a Family Doctor is trained to do. Family Doctors can do many procedures in the office. Among these include vasectomy. Vasectomy is a procedure that involves removing a small portion of the vas deferens. The vas deferens is the tubular tissue that transports sperm from the testicle. Removing a small portion will interrupt this pathway making it impossible for the sperm to flow out. This effectively makes the man sterile. It is a very safe and straight forward procedure that can be done on an outpatient basis in the office. Healing is usually complete in 1.5-2 weeks. You are usually able to return to work in a few days after the procedure, depending on the type of work you do. If you have any interest in this procedure please call us and schedule a consultation the office. At Lewis and Clark Family Medicine we would be happy to answer any questions you have. Please call 605-260-2100 to schedule your appointment. And remember there is a vas deferens between men and women.

**LEWIS & CLARK FAMILY MEDICINE, P.C.**

1101 Broadway, Suite 103A  
Morgen Square, Yankton, 260-2100

## Pharmacy/Nutrition

**Q** What are the top cancer fighting foods?

**A.** No single food or food component can protect you against cancer by itself. But scientists believe that the combination of foods in a predominantly plant-based diet may. There is evidence that the minerals, vitamins and phytochemicals in plant foods could interact in ways that boost their individual anti-cancer effects.

In addition, vegetables, fruits, whole grains and beans are low in calorie-density and protect against weight gain. According to the second expert report, carrying excess body fat is implicated in the development of cancer. Eating a predominantly plant based diet can help prevent weight gain and protect against those cancers whose risk is convincingly increased by higher body fat (cancers of the colorectum, esophagus, endometrium, pancreas, kidney and breast in postmenopausal women).

That is why the American Institute of Cancer Research recommends that at least 2/3 of your plate should be filled with vegetables, fruit, whole grains and beans.

Much of the laboratory research on diet and cancer suggests that eating vegetables, fruits, whole grains and beans will protect against cancer. Scientists are investigating how and why these foods may prevent the development of tumors.

Here is a list of foods the AICR get asked about most often. Visit the AICR website (www.aicr.org) to learn the current science and how these foods can protect our health.

Beans, Berries, Cruciferous Vegetables, Dark Green Leafy Vegetables, Flaxseed, Garlic, Grapes and Grape Juice, Green Tea, Soy, Tomatoes, Whole Grain.

**Pharmacy 665-8261**

**HuVee**  
EMPLOYEE OWNED

## Ear, Nose & Throat

**Q** Dr. Rumsey, Are hearing aids a covered benefit under Medicare or any other insurance plans?

**A.** Unfortunately, there are very few plans that will cover hearing aids. Hearing aids are a covered benefit for Medicaid recipients. There are also a few supplemental plans that claim to have hearing aid benefits; however, most of the time you don't save any money and you are restricted to the plans hearing aid choices. The best thing you can do right now is write your Senators and encourage them to support S. 1410. The bill provides up to \$500.00 tax credit for each hearing aid (\$1000.00 Maximum) every five years for adults over 55 and children under 18. Currently the bill has passed the House of Representatives and is in the Senate where Senator Johnson is a cosponsor. If you would like more information on this bill or have any other questions do not hesitate to contact me at (605) 665 - 6820 or visit our website at www.averayanktonent.com and click on legislative issues.

**Avera**  
Yankton Ear, Nose & Throat

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## Fitness/Health

**Q** I've started an exercise program that includes aerobic exercise. How do I know that the exercise I am doing is getting my heart going enough to do any good. Is there a magic number I should be trying to reach for my heart rate?

**A.** If you are looking to improve your cardiovascular fitness level through exercise there are several different methods for measuring the appropriate intensity. A leisurely walk with burn calories but it takes a little labored breathing to improve your fitness level. One of the easiest ways is to use the age estimated heart rate training zone method. Step 1 - take 220 minus your age, this gives you your maximum heart rate. Step 2 - If you're a healthy adult calculate 60% and 80% of that maximum. That is your target heart rate zone or the number of beats each minute that your heart should be beating during your cardiovascular workout. You can also use the talk test. You should be able to have a conversation with someone while your exercising but it should be challenging for you. If you can easily talk, you should pick up the pace. If it's difficult to talk without gasping for breath, you may be working too hard. Your goal should be to work at this level for 20-30 minutes at least three days per week.

**Avera**  
Sacred Heart Wellness Center

501 Summit • 665-9006

# Fund Set Up For Amon Family At First National Bank

Mary Jane and Robert Amon lost their house to a fire Tuesday, March 16. A fund has been set up to help defray costs at First National Bank. The family also is in need of clothing, small appliances and generally needed items. To make any donations, call 660-8563.

**KYNT** Yankton's Home Team!

**AM 1450**

**MORNING COFFEE**

**WEEKDAYS 7:40 AM MONDAY-FRIDAY**

Monday, April 28th  
7:40 City of Yankton  
Tuesday, April 27th  
7:40 Crystal Mensch-Nelson  
Wednesday, April 28th  
7:40 National Day of Prayer Pastor Bob Mason and Pastor Jeff Meritz  
Thursday, April 29th  
7:40 Chamber of Commerce; 8:15 Convention and Visitor's Bureau

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## Podiatry

**Q** Is there a way to correct walking on the insides of your feet? The heels of my shoes are wearing down more on the insides, especially the left one.

**A.** Wearing down of the insides of your shoes on the sole sounds as if you are experiencing some inefficiencies of the tendons at the ankle and foot. This would lead to weight bearing on the inside of the foot leading to an altered wear pattern on the shoe sole.

Generally, when we walk, the outside of the heel hits the ground first. The normal foot usually progresses from outside to inside, and "rolls" to the inside of the foot. We then progress to the point of "toe-off."

If your shoes are wearing out on the inside of the heel, then I suspect that the inside of your heel is hitting the ground first, and your foot is staying in this position through "toe-off."

Generally, and depending on your symptoms, this problem is treated by properly wedged arch supports that would hold up your arch, and get some of your weight transferred back to the lateral or outside portion of your foot. The arch supports could be over-the-counter, or may need to be custom made, depending on foot structure and symptoms.

**Yankton Foot and Ankle Center**  
2nd Floor Rehabilitation & Wellness Institute,  
501 Summit, Yankton • 668-8601

## Surgery

**Q** My Dad had polyps on his colon and they were removed. Should I be worried?

**A.** First, let's understand what a "polyp" is. A colon polyp is a growth on the surface of the colon, also called the large intestine. Although most colon polyps are harmless, some become cancerous over time. Surgeons can remove most colon polyps found in the early stages safely and completely during a colonoscopy. A pathologist will then test them for cancer. A colonoscopy is generally a very simple procedure performed on an outpatient basis. Most people with colon polyps do not have symptoms. You should also consider getting screened for colon polyps since someone in your family has had polyps. Anyone age 50 years or older, earlier if there are symptoms present, or if a family member has had polyps or colon cancer should get screened. We perform many colonoscopies and would be glad to assist you and answer any further questions you may have. Give us a call at Yankton Surgical Associates to arrange your screen today.

**Yankton Surgical Associates, PC**  
409 Summit, Yankton, 668-9670  
Kynan C. Trail, MD, FACS  
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