

**One Dead In Northeast SD Accident**

MELLETT (AP) — One person died Friday in a three-vehicle accident near Mellette in northeast South Dakota.

The Highway Patrol identified the victim as 40-year-old Gregory Wiedebush of Mellette.

The patrol said Wiedebush's vehicle struck an oncoming pickup truck at the crest of a hill and then collided with a second oncoming pickup truck.

The other drivers were not hurt. They were identified as 21-year-old Adam Reppe and his 23-year-old brother Alex Reppe, both of Conde.

**Judge: Jail Should Monitor Inmate's Health**

SIOUX FALLS (AP) — Minnehaha County officials say a judge on Friday signed a temporary order allowing them to continue monitoring the health of Rodney Berget and force nutrition if he refuses to eat or drink while being held in the county jail.

Berget is one of two state prison inmates charged with killing a correctional officer at the South Dakota Penitentiary on April 12.

The county said the judge's order allows the jail to force Berget to take nutrition and fluids if a prolonged fast threatens his health or life.

The state's attorney filed a court petition on April 20 to authorize compelled nutrition if necessary.

**One Killed, Two Critically Burned In Neb. Fire**

TRENTON, Neb. (AP) — One person is dead and two others injured in a fire at a farm near Trenton in southwest Nebraska.

A news release Friday from Hitchcock County Sheriff Bryan Leggett says 46-year-old Theresa Schnoor of Trenton died at the scene of the Thursday afternoon fire, described as a controlled burn. An autopsy has been ordered.

Two others, 40-year-old Robert Seybold and 36-year-old Anthony Meguire, both of Trenton, were critically burned. The two injured men were taken to a McCook hospital, and from there were flown to St. Elizabeth Burn Center in Lincoln.

A woman who answered the phone at the sheriff's office said the sheriff was not accepting media calls and would not answer further questions about the fatal fire.

The Nebraska State Fire Marshal's office did not return messages Friday.

**Officials Praise Grassland Plan In SD Visit**

CHET BROKAW  
Associated Press

PIERRE — A proposed federal project aimed at protecting habitat crucial to migratory waterfowl in South Dakota, North Dakota and Montana represents a new era of conservation, U.S. Interior Secretary Ken Salazar said Friday.

The Dakota Grassland Conservation Area would benefit wildlife, hunters, bird watchers and ranchers by protecting about 2 million acres of wetlands and grasslands through easements purchased from landowners, Salazar said. The federal government would not buy the land, so farmers and ranchers could continue to use it, he said.

Mike Held, chief executive officer of the South Dakota Farm Bureau, said the organization opposes the program because it calls for perpetual easements. Conservation easements have merit, but they should be limited to 20 or 30 years, he said.

"We think that's very anti-private property and almost precocious for an agency to think they could do easements that last one year longer than forever," Held said. "We think a generation in length, 30 years, would be sufficient. Then let the next landowner, the next generation, make the decision whether they want to continue or not, based on the history of what the easement has been."

The U.S. Fish and Wildlife Service already has many easements in other programs in South Dakota that last only 20 or 30 years, so there is no need to use perpetual easements for the proposed new program, Held said.

The government would spend about \$588 million in the next two or three decades to protect 2 million acres of habitat in an area that runs through the eastern half of the Dakotas, across the top of North Dakota and into northeastern Montana. It would seek to protect 1.7 million acres of grassland and 240,000 acres of wetland in the Prairie Pothole Region that is a prime breeding ground for ducks.

The easements would prevent land from being plowed or drained, but farmers and ranchers could use it for grazing or haying.

The proposed program would complement an existing federal project aimed at protecting wetlands. The new easements would be funded with money the Land and Water Conservation Fund Act of 1965, which generates cash from oil and gas leases, excess motorboat fuel tax revenue and sales of surplus federal property.

Salazar said the Prairie Pothole region provides some of the best hunting and wildlife habitat in the nation, and the project would benefit hunters, wildlife watchers and people who work in jobs related to outdoor recreation. Ranchers would benefit because water and grass are also crucial to their livelihoods, he said.

The interior secretary said he believes the project can be done despite the nation's budget problems.

Steve Guertin, regional director of the U.S. Fish and Wildlife Service, said the project area and individual easement purchases will be selected to provide the best nesting areas and other habitat necessary for wildlife reproduction.

**NEB. NATIONAL GUARD****Colonel Relieved Of Command**

LINCOLN, Neb. (AP) — A Nebraska National Guard colonel has been removed from his command over a battlefield surveillance brigade in Iraq, a spokesman said Friday.

Maj. Kevin Hynes confirmed that Col. Philip Stemple, one of the highest-ranked members of the Nebraska National Guard, was relieved of his duties roughly six weeks before the brigade was scheduled to return home.

Stemple commanded the 67th Battlefield Surveillance Brigade, headquartered in Lincoln. Hynes said the Brigade includes roughly 650 National Guard and U.S. Army Reserve soldiers from units throughout Nebraska, Utah, Connecticut and Montana.

Hynes said he did not have further details about why

Stemple was removed. Phone calls and an email message to U.S. Army Col. Barry Johnson, a U.S. Forces-Iraq spokesman, were not immediately returned.

Johnson told the independent U.S. military newspaper Stars and Stripes that Stemple was removed following an investigation that documented "a negative command climate" within the brigade. He did not elaborate.

The newspaper reported that Stemple remains assigned to U.S. Forces in Iraq, but was expected to return to the U.S. within the next week. Lt. Col. Brett Andersen, executive officer of the brigade, will succeed Stemple.

The 67th Battlefield Surveillance Brigade was deployed to Iraq last year to perform aerial surveillance, collect intelligence

and train Iraqi forces. Their deployment was the largest mobilization of a Nebraska Guard unit since the Sept. 11, 2001 terrorist attacks.

Stemple also was one of the forces behind Guard training programs in eastern Wyoming and other states that are used to prepare the citizen-soldiers for war zones.

The program allows commanders to review individual soldier performances in a 3-dimensional view with GPS units mounted to each soldier and vehicle, weapons-mounted laser tag equipment and video that records the action. The model — called Exportable Combat Training Capability, or XCTC — was later approved by the Army as a program of record, which qualifies it for permanent Department of Defense funding.

**Measure To Abolish Property Taxes On Ballot In No. Dak.**

BISMARCK, N.D. (AP) — A proposed constitutional amendment to abolish property taxes in North Dakota has been approved for the ballot.

Secretary of State Al Jaeger said Friday the initiative had enough petition signatures to qualify for the June 2012 primary election. It will be listed as Measure 2.

Supporters of the proposal needed almost 27,000 petition signatures. Jaeger says more than 28,000 valid signatures were turned in.

The amendment says North Dakota and its local governments may not impose property taxes after Jan. 1. It says the Legislature will have to figure out a way to provide replacement revenue to cities, counties and other local governments.

**ASK THE EXPERTS****Surgery**

**Q. Should my doctor give me a Kinevac™ test for possible gallbladder disease?**

**A.** If you have right upper abdominal pain - especially after eating - and an ultrasound of the gallbladder is negative for gallstones, then injection of Kinevac™ (cholecystokinin) is the next appropriate test. A positive test is reproduction of your exact pain as the injected Kinevac(tm) specifically causes your gallbladder to contract. Resolution of your discomfort usually follows with cholecystectomy (operation to remove gallbladder). Most laparoscopic cholecystectomies last about one hour and are same-day procedures.

**Q. Should I also have my appendix removed while having an operation for another problem?**

**A.** Appendicitis affects approximately 7 out of 100 people. If other family members have had appendicitis or if you have had previous bouts of appendicitis-like pain then removing the appendix is appropriate. Discomfort over your appendix on preoperative physical examination also argues for appendectomy. However, your appendix should not be removed if the surgeon feels that appendectomy will increase your chance for complications.

LEWIS & CLARK  
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**Family Medicine**

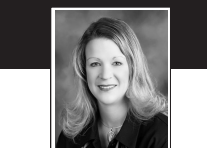
**Q. What exercise is the best way to control blood pressure so as to reduce my risk of heart disease?**

**A.** Exercise has changed dramatically over the last few years. If you go to YouTube on the internet and type in exercise, in the search window, you will see a vast array of different exercise programs, weight lifting, running, walking, boot camp, functional fitness etc. I feel that aerobic exercise, such as walking and/or running, is important. However, there is a type of exercise that I feel is superior to most others. This is known as interval training. It is a type of exercise that has you work at high intensity followed by a period of rest. The rest time is important because you have just exercised at such a high intensity that you have to stop and rest. This allows the body to "regroup" from the intensity it was just put through.

The interval work and recovery periods increase lung capacity, muscle strength, stamina and burns more calories than almost any other type of exercise. These benefits as well as lowering of blood pressure all reduce your risk of heart attack, stroke, diabetes and the side effects of diabetes. This is very intense exercise therefore, it is important to see your doctor to be sure that it is safe for you to do this type activity.

There are several fitness trainers in this area that are good to schedule some time with to learn the specifics of interval training. We would be happy to discuss this and any other questions with you at our clinic.

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



Brandi Pravacek, CNP  
L&C Specialty Hospital



Jeffrey Johnson,  
M.D.

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**Chiropractic**

**Q. My chiropractor has emphasized how important exercise is for me and my spinal problems, how do I get my child to exercise before problems arise?**

**A.** Active children enhance their body's function through exercise, and incorporate good habits into adulthood. Depending on the competitive level of the activity, the time spent in athletic development can prevent injury. Sports enhancement programs, such as those at our affiliate First Fitness, focus on training the individual and teaching about injury prevention. The supervised program focuses on training for core strength, overall strength, balance and agility. These components are important for the body structure at many levels from the ankle to the spine. The program also offers discussion on general proper nutrition habits. This training can enhance skills in athletes as well as incorporate good life habits.

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**Ear, Nose & Throat**

**Q. Dr. Rumsey, I have been told I have Meniere's disease. What is Meniere's disease and what can I do about it?**

**A.** Meniere's disease is characterized by four specific symptoms, which include intense episodes of prolonged dizziness, fluctuating hearing loss, sense of fullness in the ear and tinnitus. These symptoms occur when a fluid filled membrane within the inner ear bursts due to excessive pressure. Reduced salt intake and use of diuretic medications help, but little can be done to treat and resolve the disease. Fortunately, people generally are symptom free between episodes and Meniere's disease is not life threatening. The best advice I can offer is to keep your ear nose and throat physician's phone number close and limit your salt intake.

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Avera  
Yankton Ear,  
Nose & Throat

**Fitness/Health**

**Q. What constitutes an appropriate aerobic exercise prescription for a pregnant woman?**

**A.** Exercise during pregnancy can be very beneficial. There are a few things, however, that expectant moms should know to help keep themselves and their babies safe. Your hormones during pregnancy can cause your ligaments to become more lax. This makes your joints a little less stable and can increase your risk for injury, so avoid high impact or quick, jerky movements. Your balance might not be as it was prior to having your pregnancy belly. Be more cautious or avoid doing movements that might increase your risk of falling. Don't let yourself become dehydrated or overheated, keep cool and drink plenty of water. Avoid any exercises that have you lying on your back after the first trimester. Because all pregnancies are different, always talk to your doctor first about what is safe for you. Generally speaking, you shouldn't exercise at a high intensity, but just maintain a light to moderate workload as long as you are feeling ok.

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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.

Avera Sacred Heart Hospital  
Professional Office Pavilion  
409 Summit St., Ste. 2600, Yankton  
668-8601

Avera  
Foot and Ankle Clinic

**Pharmacy/Nutrition**

**Q. How do I properly dispose of medicines that I am no longer using or that are expired?**

**A.** On Saturday, April 30, 2011 between the hours of 10am to 2pm, you may bring these medicines to Hy-Vee under the National Take Back Initiative program. Local law enforcement officers will be on hand to accept these unwanted medications. There will be 5 other locations throughout Yankton that will also be collection sites for this program. Last time when this was done, the American public turned in over 121 TONS of pills.

At times when a collection program is not available, the following is recommended: Take medicines out of their original containers and mix them with used coffee grounds or cat litter. Put this mixture in a disposable container such as a sealable bag or empty plastic tub. This can then be placed in your regular trash. You may also want to remove any personal information, including Rx number, from your empty medicine bottles by scratching it off or covering it with black permanent marker or duct tape. These empty containers may then go in the trash as well.

Because there has been detectable levels of prescription medicines found in our water systems and fish, it is no longer recommended to flush medicines down the toilet or drain, unless the manufacturer specifically instructs to do so. For any questions regarding these regulations please contact us at Hy-Vee Pharmacy.

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