


KIDS FIRST



### Baby Talk - Part III

You may be surprised to learn that Chiropractic care is essential for pregnant moms. Aside from the relief it can offer from the discomforts sometimes associated with pregnancy, such as constipation, leg cramps, nausea, back and neck pain, etc., its main focus, however, is not pain.

Chiropractic is based on four very profound principles;

1. That the body is a self-healing and self-regulating mechanism; in other words, it is designed to heal itself.
2. That the nervous system is the master control system of the body
3. Any interference in the function of the nervous system must then result in a malfunction in the body.
4. My task is to eliminate that interference so that the body can function normally.

Applied to pregnancy, this is of utmost importance to the developing fetus. I feel that in order to have a normal pregnancy, mom's nervous system must function with no

interference; especially where it controls the uterus and placenta.

This will reduce the risk of problems associated with pregnancy - miscarriage, placenta previa, etc. The biggest benefit of course, is having a healthy baby.

A pediatric chiropractor will also perform regular monthly pre-natal exams to monitor your pregnancy. This includes an examination and palpation(feeling) of the uterus in order to determine the presence of ***In-Utero Constraint*** and see if the baby is in a ***breach*** position. This is very important. In-utero constraint occurs usually in the last trimester of pregnancy when "you're all baby." In other words, the baby has reached a size where movement is very restricted and it can get "stuck" in an awkward position in the uterus.

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This situation can not only create stress on the spine and nervous system but can lead to the creation of scoliosis (spinal curvatures), as well as other spinal abnormalities. All in all, a situation best avoided.

I invite you to have yourself checked. Chiropractic is very safe and effective. It is also the world's best kept secret.

*If you need additional information, please call me personally at 605-665-8228*

**Plath Chiropractic & Wellness**  
402 E. 3rd Street • Yankton, SD

## IFAA

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and his group were amazed at how spread out Yankton is for being such a small town.

"Everything here is far apart," Grundlingh said. "We went to a store (Menards) and walked around; and it was huge. We're not used to people walking along the roads like they do here."

When it came to traveling for Eduardo Castro Cesar de Oliveira, there was no walking involved.

The native Brazilian took four flights, the longest about 11 hours, and arrived in Sioux Falls last Sunday after 26 hours of traveling. His airline, however, lost his bow, but it was eventually returned to him in Yankton a day later — undamaged and still encased in the PVC pipe.

"It was frustrating, but I was happy it came," he said Friday afternoon. "I was taking an instructors course, and I thought I would need it. But we used the bows here."

Though he is making his first visit to the United States, de Oliveira's first impression of South Dakota wasn't exactly the kind of stuff that makes a person anxious to leave the airport.

"It was snowing when I walked outside," he said. "It never snows in Brazil. But I thought it would be fun because it's a new experience."

The drive south on Interstate 29 was also an adventure.

"I want the speed limit, don't worry," he said, smiling.

Though archery is a growing sport in Brazil, Cesar de Oliveira said it has already been "eye-opening" to watch the younger archers compete in Yankton.

"This complex is wonderful, and the coaches have a lot of knowledge to help you," he said. "We try to get more kids in school to do archery, but it's getting better."

Another of the overseas visi-



JEREMY HOECK/P&D  
**The row of targets at the Easton Complex in Yankton is pelted with targets during Friday's opening round of the International Field Archery Association (IFAA) World Indoors Archery Championships.**

tors to Yankton is Alexander Worndl, who hails from Austria. He traveled with his wife, Karen, who does a majority of the translating for him.

In all, they needed 27 hours to travel from Dusseldorf, Germany, to Yankton, via Chicago and Sioux Falls.

"Everything is so big here," Karen said. "The streets are bigger and broader, and you can't walk everywhere like you can back home."

"Never before have we seen so many trucks."

Also making their first trip to the United States, the Worndls have previously competed in World Indoor Championships in Estonia, Spain and South Africa. Where would they rate the

Easton Yankton Archery Complex?

"Number one," Alexander said, giving a thumbs up.

Like Brazil, Austria is slowly seeing a rise in archery's popularity, Karen said.

"It's mixed, like it is here. You see more adults and children shooting together," she said. "It's very positive that they start younger over here."

The Championships continue today (Saturday) with shooting times at 10 a.m. and 2 p.m. The weekend concludes Sunday night with an awards ceremony at 6 p.m.

*You can follow Jeremy Hoeck on Twitter at [twitter.com/jhoeck](https://twitter.com/jhoeck)*

## Patriots Rally Past Yankton 3-2

Sioux Falls Lincoln scored three runs in the top of the seventh inning to rally past Yankton 3-2 in a high school club baseball game Friday night at Riverside Field.

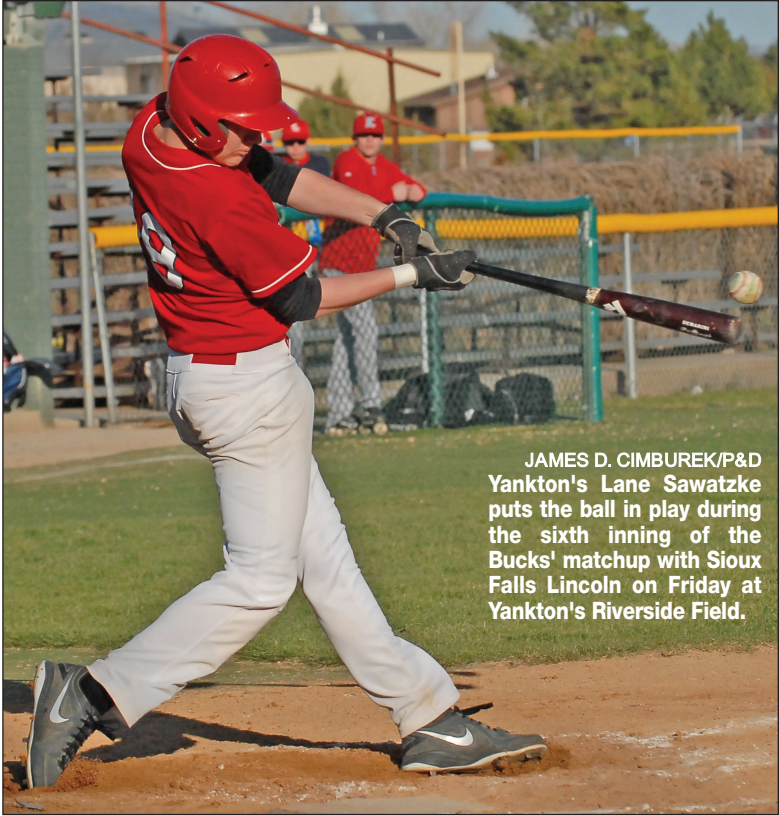
Yankton (6-3) broke a scoreless tie with two runs in the bottom of the sixth, but the Patriots responded in the seventh.

Mitch Gullikson was 3-3 with three stolen bases and a run for the Bucks, while Sam Wendte was 1-2 with two steals and a run. Dustin Hopper and Will Steward each had an RBI single, and Kaleb Bromley was 1-2.

Lane Sawatzke struck out seven batters in five scoreless innings on the mound, and Zach Benjamin took the loss in relief.

Yankton won the JV game 4-2 behind the pitching of Greg Hauer and Ben Cameron.

The Bucks will host Sioux Falls Roosevelt on Tuesday for a 6 p.m. game at Riverside Field.



JAMES D. CIMBUREK/P&D  
**Yankton's Lane Sawatzke puts the ball in play during the sixth inning of the Bucks' matchup with Sioux Falls Lincoln on Friday at Yankton's Riverside Field.**

## Golf

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awatha Golf Club in Canton.

Vermillion finished at 185, followed by West Central (198) and Canton (216). Stammer placed four strokes ahead of West Central's Sadie Swier for top honors.

TEAM: Vermillion 185, West Central 198, Canton 216

INDIVIDUAL: Kayla Stammer V 41, Sadie Swier WC 45, Lindsey Sorlie C 46, Allison Heine V 48, Elly Miller V 48, Brooke Schwasinger V 48, Kate Brockfeldt V 50, Micheala Sterrett WC 50, Alexa From WC 51, Kennedy Fossum C 51, Jannell Healy WC 52, Kyleigh Moran V 54, Brooke Eidsness WC 54, Kacie Jacobsen C 59, Amanda Lofland C 60, Taylor Lewin WC 69, Emily Beitzel C 81, Kelsey Nolte C 90

**Dakota Valley Inv.**

NORTH SIOUX CITY — Defending Class A champion Parkston beat the field by 60 strokes in winning the Dakota Valley Invitational girls' golf tournament, held Thursday at Two Rivers Golf Course.

Led by Sydney Bormann's 72, Parkston shot a team score of 327. Parkston and Bormann each defended their titles in the event.

Vermillion and host Dakota Valley each shot 387.

The Lady Trojans put all five of their golfers in the top eight, with Jordan Bormann placing second at 79 and Logan Wagner tying for fourth at 86. Dakota Valley's Shyler Funck finished third with an 82.

TEAM SCORES: Parkston 327, Vermillion 387, Dakota Valley 387, Harrisburg 392, Madison 393, Canton 396, West Central 413, Dell Rapids 486, Beresford 491

TOP 15: Sydney Bormann, Parkston 72; Jordan Bormann, Parkston 79; Shyler Funck, Dakota Valley 82; Logan Wagner, Parkston 86; Lindsey Sorlie, Canton 88; Sydney Weber, Parkston 90; Sami Langford, Madison 91; Taylor Bormann, Parkston 91; Kennedy Fossum, Canton 93; Mary High, Dakota Valley 94; Mackenzie Robson, Madison 94; Allison Heine, Vermillion 94; Anna Okerlund, Harrisburg 95; Mariah Palmquist, Madison 96; Morgan Darner, Harrisburg 96

**College: GPAC Women**

NORTH SIOUX CITY — The Mount Marty College women's golf team finished seventh in each of the final two rounds of the Great Plains Athletic Conference women's golf tournament, which concluded on Friday at Two Rivers Golf Course in North Sioux City.

The third round had been postponed due to weather earlier this

month. It was decided to complete the third and fourth rounds on the same day.

In the early round, MMC shot a 377, 38 strokes back of Dakota Wesleyan. Tara DesLauriers and Kelly Amundson each shot 93 to lead the Lancers in that round. DWU's Lauren Fitts took top honors with an 11-over 81.

MMC also shot a 377 in the day's second round, this time led by 91s from Caitlyn Roth and Kirsti Skuza. DWU led the final round with a 327, led by 80s from Chelsea Burback and former Andes Central standout Jenna Winckler.

## Twilight

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and triple jump also had top five place finishers in Christena Georgas, second in the hammer throw, at 164 feet, 1 inch; Kayla Johnson, third in the hammer throw at 148 feet, 1 inch and second in the shot put at 42 feet, 6 inches; Kayla Lester fifth in the shot put at 37 feet, 11 inches; Elizabeth Symonski third in the javelin with a throw of 107 feet, 1 inch; Katie Ferguson third in the triple jump; and Ali Haines fourth in the triple jump.

For the Mount Marty Men Jordan Pater led the way with a second place finish in the 5000 meter run. Tyler Payer was third in the long jump 22 feet, 3 inches;

Samuel Lopez was fifth in the 800 meter run with a time of 1:59.01; and Trevor Lopour was fifth in the high jump going 6 feet, 3 inches.

"This was Pater's best effort of the outdoor season," Fischer said. "He is also running the marathon and this was great training for him. It was also Trevor Lopour's best effort of the season."

"This has just been an extremely tough year to hit the qualifying marks because of the weather we have had," Fischer said. "It has been hard to keep people motivated to compete."

On the USD men's side, Casey Shade was first in the 400 meter dash at 50.19 and Daquan Brooks was first in the Javelin with a toss of 162 feet and 11 inches. Other top USD finishers were Tad Schuurmans second in the 100 Meter dash 11.11; Preston

Perkins second in the pole vault at 14 feet, 6 inches; Jacob Evenson, third in the 1500 meters at 4:06.84; Brody Sunblad fourth in the 400 meter hurdles, 58.38; and Connor Fitzsimmons fifth in the Long Jump, 21 feet, 3 inches.

"It was great having all of these teams here today," Fischer said. "This is just a great facility and it is a great place to compete. That is why all of the teams show up. The other schools help us out and we do it for them as well."

From the area Bloomfield, Neb.'s Austin Hamm, running for South Dakota State, finished fifth in the 1500 Meters with a time of 4:11.84.

Mount Marty moves on to the Great Plains Athletic Conference meet, scheduled for Friday and Saturday at Concordia University in Seward, Neb.

If you feel GOOD...why not notify your face?



Riverview Reformed Church, 1700 Burleigh St., 665-9204

[www.riverviewreformed.org](http://www.riverviewreformed.org)



Photo courtesy of P&D Spotted



Photo courtesy of P&D Spotted

## Academy of Dance

1902 Broadway, Yankton 605.665.7729

### 2013 Spring Performances

Friday, May 10 7pm  
Saturday, May 11 2pm & 7pm

**Yankton High School Theater**

Academy Of Dance Outgoing Seniors ~ Congratulations & Good Luck!

**Come dance with us this summer and perform at Riverboat Days!**

## Congratulations Loy Gravholt

### 2013 Volunteer of the Year Award Winner

The Hazel Hani Volunteer of the Year Award has been presented by Avera Sacred Heart Hospital for 22 years in the name of a long-time volunteer, Hazel Hani. Loy, a patient liaison and TEAM volunteer, is the 22nd recipient of the award. Congratulations and thanks Loy for all you do!



**Nominees for the 2013 Hazel Hani Volunteer of the Year Award**

Front row: Sherrill Collier, Loy Gravholt, Chris Jarvis. Middle row: Sr. Madonna Schmitt and Megan Waltnr. Back row: Dennis O'Rourke and Sr. Kevin Irwin. Not pictured: Priscilla Mazourek and Jim Lehl.

Avera Sacred Heart Hospital would like to thank our 340 volunteers for their dedication, compassion and caring.

2013 National Health Care Volunteer Appreciation Week  
April 21 - 27

# Avera

Sacred Heart Hospital

[www.averasacredheart.org](http://www.averasacredheart.org)