

USD Sanford Med School Graduate Wins Award

VERMILLION — Stacy Kern, MD, a 2014 graduate of the University of South Dakota Sanford School of Medicine, has been recognized as a national research award winner by the Society of Pediatric Research.

Dr. Kern's research addressed the impacts of maternal diabetes and fat intake on fetal health and the risk of cardiovascular disease in the developing offspring. Funding assistance for this research was provided by the University of South Dakota — Sanford School of Medicine and Sanford Research. Dr. Kern worked with a team of research scientists in the Children's Health Research Center in Sioux Falls.

Dr. Kern has been invited to present her research and findings and accept her award at the upcoming annual meeting of the Pediatric Academic Society, to be held in San Diego.

Dr. Kern has served since her graduation from medical school as a resident at the Sanford Children's Hospital in Sioux Falls. This summer she will begin a fellowship in neonatology at the University of Iowa.



Kern

Yankton Medical Clinic, P.C. Announces Scholarship Winners

Yankton Medical Clinic, P.C. has announced the 19th Annual Yankton Medical Clinic, P.C. Scholarship Program award winners.

Four \$1,000 scholarships were available for application to high school seniors located in the Yankton Medical Clinic service area who have an interest in pursuing a major in a medical field. One \$1,000 scholarship award was available to a student currently enrolled in a laboratory, radiology, respiratory therapy or nursing program, with preference given to those with an intention to return to work within a 50-mile radius of Yankton. In addition, a \$5,000 scholarship award was available to a third-year medical student of Sanford School of Medicine of The University of South Dakota, with preference given to those entering a primary care field (Internal Medicine, Family Medicine, Pediatrics, OB/GYN) with an intention to return to practice medicine within a 50-mile radius of Yankto. Total scholarship dollars amount to \$10,000 for area students.

Yankton Medical Clinic, PC created the scholarship program to promote higher education and to provide resources for area youth to seek higher education in the medical field.

The scholarship selection committee reviewed applications from a large and

outstanding list of students. The chosen award winners distinguished themselves by their academic accomplishments and their school, church and civic activities.

One of the six scholarships is being given in honor of the late Dr. Theodore H. Sattler. Dr. Sattler was one of the original physicians of Yankton Clinic, which later merged with the Medical Clinic to form Yankton Medical Clinic, P.C. Dr. Sattler retired from the Yankton Medical Clinic, P.C. in 1992.

• The 2015 Dr. Theodore H. Sattler/Yankton Medical Clinic, P.C. winner is Madison Dangler from Yankton Senior High School, Yankton.

• A second scholarship is being given in honor of Dr. Jay W. Hubner. Dr. Hubner began his practice with Yankton Medical Clinic, P.C. in 1973, and retired in 2006. His father, the late Dr. R.F. Hubner was one of the original physicians of the Medical Clinic, which later merged with the Yankton Clinic to form Yankton Medical Clinic, P.C.

The 2015 Dr. Jay W. Hubner/Yankton Medical Clinic, P.C. winner is Marley Hanson from Vermillion High School, Vermillion.

• A third scholarship is being given in honor of Dr. Michael R. McVay. Dr. McVay began his practice with Yankton Clinic in 1978, and retired in 2009. He began his practice as a cardiologist after completing a fellow-

ship in 1981. His father, the late Dr. Chester McVay, was one of the original physicians of Yankton Clinic, which later merged with the Yankton Clinic to form Yankton Medical Clinic, P.C.

The 2015 Dr. Michael R. McVay/Yankton Medical Clinic, P.C. winner is Courtney Krtnak from Armour High School, Armour.

• The fourth scholarship is being given in honor of Dr. John C. Sternquist. Dr. Sternquist began his surgical medical practice with Yankton Medical Clinic, P.C. in 1980, and retired in 2009.

• The 2015 Dr. John C. Sternquist/Yankton Medical Clinic, P.C. winner is Larissa Attema from, Wynot Public School, Wynot, Nebraska.

• The 2015 Yankton Medical Clinic, P.C. Medical Professional Scholarship recipient is Krista Radke, a Mount Marty College nursing student from Parkston.

• The 2015 Yankton Medical Clinic, P.C. Medical Student Scholarship recipient is Rebecca Bogue of Vermillion.

Questions regarding the Yankton Medical Clinic Scholarship Program should be directed to your local high school guidance counselor or the Marketing Department at the Clinic.

Diversity

From Page 1

ing to the doctor for everything.

But for some of the panelists, going to an actual "doctor" is never the first option — unless it is an emergency.

IN INDIA

Those who become sick in India will first visit a local healer instead of going to the doctor.

The Indian panelist who was a Catholic said that because India is the spice capital of the world, the people look to herbal remedies first before going to the doctor.

"Basically, we have elders that know how to mix the herbs and try to cure various ailments," she said. "Unless, it's very serious, we never go to the hospital. Everything is treated at home with different kinds of herbs."

The Indian panelist whose religion was Hindu said sometimes people from India will go to the village's magic healers.

"There are some people with magic hands," she said. "They can do some herbal treatments that will cure what we need."

The panelist said that though it may take longer to get better than going to the doctor — the treatments have long lasting results.

"If we have a cold or fever, it will be cured with the herbs in two to three days," she said. "This is all

thanks to grandma's recipes."

IN MOROCCO

According to the panelist from the African country of Morocco, his village in the mountains used traditional healers rather than doctors.

"My grandma used to be a traditional healer," the Islamic panelist said. "I use many of these traditional ways. I make sure when I come back from Morocco that I bring enough back. I like traditional healing with herbs. Most of the time I use them in tea and coffee. It helps me stay away from the hospital. Most traditional healers are located in small villages or the mountains compared to big cities where we go to the hospital. Growing up, I never saw a lot of the hospital. I lived in the forest area and we have a lot of natural medicines growing near our village. My grandma would just tell me to go get something and I would bring it back."

But when someone did not get better, or there was an emergency and had to go to the hospital, the care was free.

"The government pays for everything," the panelist said. "We don't have insurance."

But even though the panelist now lives in the United States, he still prefers traditional healing rather than going to the doctor.

"My son is two-years old, and when we were in Morocco visiting, he got sick," he said. "I took him to a Morocco hospital to make sure he got the best care — but actually

DO'S AND DON'TS

Do's and don'ts were also discussed at the training.

Here are the guidelines Yankton residents were asked to follow while the tournament is going on this summer:

- Do let the guest initiate the greeting, whether it be a handshake, kiss on the cheek or bowing.
- Do observe your situation and surroundings before taking action.
- Do wear modest clothing. No short shorts, mini skirts or low cut blouses.
- Do be polite and respectful during any interaction and remember the golden rule.
- Do address males first, then females, as a sign of respect to both parties.
- Do pass any items from or to the right hand because the left hand is considered unclean in many cultures.
- Do ask for verbal verification. In other cultures, head movements have different meanings.
- Do ask before taking pictures.
- Do not gesture with you hands or put them in you pocket while talking. No finger pointing or peace signs as they can be interpreted as obscene.
- Do not physically touch anyone. No hands on shoulders, back or head.
- Do not ask about religion or politics.
- Do not refer to anyone by their first name unless asked to.
- Do not ask specific questions about family members, employment or income.
- Do not have mixed company alone.
- Do not compliment jewelry, clothes, hats and etc. It will be given to you as a gift and not accepting is considered rude.
- Do not show the soles of your feet to another when sitting. This is highly disrespectful in some cultures.
- Do not take the lack of eye or physical contact personally as these are signs of respect.
- WHEN IN DOUBT, DON'T.

nothing happened. So when we came back, my mom and friends told me what I needed to do. They told me that there was a special

mineral that I should mix with hot coals to put on his head and to read the Quran. And after that put the mineral in water."

The panelist said he didn't understand how that would do anything.

"It couldn't get through my mind," he said. "It just couldn't be true. So I followed up with the medicine that I got for my son at the pharmacy, but he didn't get better. So I did what my family said. It was all true."

He said his son was better the next day.

IN COLOMBIA

The panelist from Colombia said that the health care Colombian's receive depends on their location, religion and economic status.

"We usually go to the doctor to get the prescription," she said. "But we also have local healers and we do have some indigenous tribes that still use ancient ways of healing."

Though she went to a doctor when she was sick when she lived in Colombia, she would still try to heal herself with herbal medicine first.

"If it's too bad, we go to the hospital," she said. "But there are a variety of ways to get the medicine you need without going to the doctor."

Another diversity training will be offered today (Wednesday) from 2-4 p.m. with the topics of retail and general public being discussed at the Technical Education Center, 1200 W. 21st St.

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Living room car wash?

Would you let someone wash their car in your living room? Imagine what a mess that would make!

Would you drive your car into a creek and wash it in the middle of the creek? Hopefully not! That would make the creek dirty for the fish and animals and could cause them to get sick and die.

Clean Cars = Dirty Creeks?

If your family washes your car on the street or in a driveway and the water runs into the gutter and the storm drain, then all of the dirt, oil and pollutants hitch a ride in the rinse water and go into your local creek.

It's like washing your car in the fish's living room!

(Almost) Waterless Car Wash

Here's a way to wash your car with very little water.

You will need:

- ½ cup vinegar
- ½ teaspoon natural liquid soap
- 2 cups of water
- spray bottle
- clean rag
- soft cloth for buffing

Put the liquid ingredients in the spray bottle and shake to mix. Spray a small area of your car with the liquid and wipe, removing the dirt and grime. For stubborn dirt, allow the liquid to sit for a few minutes before wiping off or use a non-abrasive kitchen scrub cloth. Use a soft cloth to buff the area to a shine.

Source: www.OrganicGardening.com

For a clean car and clean creeks, try one of these:

1. Wash your car at a carwash that recycles water.
2. Wash your car on an unpaved area so that the rinse water soaks into the ground. The soil, gravel and vegetation filters the soap and grime.
3. Mix up a bottle of the Almost Waterless Car Wash solution following the directions on this page.

Do the math to discover which is the best way to wash your car:

Commercial drive-through car wash:
41 - 6 to 25 + 25 gallons

Self-Service car wash:
5 + 5 + 5 gallons

Washing your car at home:
100 - 20 to 70 + 70 gallons

"Well, dinner is cancelled. Someone washed a car in our dining room!"

Standards Link: Reading Comprehension: Use the skills and strategies of the reading process to follow written directions. Math: Compute written amounts.

NEVER WASTE WATER!

You can make every day Earth Day by being careful not to waste our natural resources.

Color this reminder and display it in a kitchen or bathroom as a reminder for your family.

Just the Facts

Look through the newspaper for articles about the environment. Find at least three facts about the environment in the articles. Write a paragraph using these three facts.

Standards Link: Research: Use the newspaper to locate information.

Kid Scoop Puzzler

This tree is 552 inches tall. There are 12 inches in a foot. How many feet tall is the tree?

_____ feet

This fish lives 4 fathoms below the surface of the ocean. There are 6 feet in a fathom. In feet, how deep in the sea would you have to go to find this fish?

_____ feet

Standards Link: Math: Problem solving.

Double Double Word Search

Find the words in the puzzle. Then look for each word in this week's Kid Scoop stories and activities.

WATERLESS	VINEGAR
FILTERS	LIQUID
DIRTY	GRIME
SPRAY	STORM
SCRUB	SHINE
SOAKS	SOAP
SOIL	RIDE
OIL	

L	I	V	V	I	B	U	R	C	S
N	L	I	O	Y	A	R	P	S	R
G	R	N	O	G	O	M	E	T	E
C	A	E	R	S	R	L	R	O	T
D	L	G	K	W	R	I	A	R	L
S	I	A	S	E	D	Q	M	M	I
H	O	R	T	E	S	U	O	E	F
S	S	A	T	S	H	I	N	E	L
U	W	T	P	Y	I	D	O	N	S

Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

FROM THE LESSON LIBRARY

Earth News Chart

Make a chart and divide it into four columns labeled: *Threats to the Environment*, *Natural Resources*, *Ways to Save Energy*, *Items to Recycle*. Find relevant newspaper articles to paste into each column for one month.

Standards Link: Research: Use the newspaper to locate information.

Write On!

Earth Day Hero

What are three things kids can do to protect the environment?

Kid Scoop FIT&FUN

Earth Day Bingo

Take a walk with friends or family members and see if you can find all of the things on these Earth Day Bingo Cards. The first person to find all their items wins!

A WEED	A FLOWER	A TRASH CAN
A ROCK	A BIRD	BIKE LANE
POND OR STREAM	AN INSECT	MOSS

A FIELD	A FLY	A RECYCLE BIN
SOME MUD	FALLEN LEAVES	A PUDDLE
BROWN GRASS	GARDEN HOSE	A CAT

A SHADOW	A DIRT PATH	A COMPOST BIN
A SPIDER	A FLYING BUG	A FLOWER
A PINE TREE	GREEN GRASS	A HILL

MOSS	FALLEN LEAVES	AN ANT
BLUE SKY	A BRANCH	A FIELD
A BEE	FRUIT TREE	FLUFFY CLOUD

Standards Link: Research: Use the newspaper to locate information.