

HOMETOWNNEWS

YACA RECEIVES DONATION



Wal-Mart representative Cleo Reiff donates a check to Yankton Area Concert Association representatives Betts Pulkrabek and Susie Showers.

Wal-Mart Donates To Y.A. Concert Association

Yankton Area Concert Association (YACA) is thankful to Wal-Mart for their continuing support in bringing family entertainment to Yankton, helping YACA to send concerts to area schools. This also helps the YACA to bring live entertainment to families in the area at an affordable price. The

board, with input from the membership strives to put together the best entertainment value possible. The YACA is a non-profit organization. All revenues go towards artist fees and administrative and technical concert costs.

Ensure Students Are Healthy For Fall Sports

SIoux FALLS — Students across the state are preparing for the new school year. And for many, that preparation includes a pre-season sports physical.

Rather than a brief, sports-oriented check-up, however, Wellmark Blue Cross and Blue Shield recommends a full annual health maintenance exam.

"Summer is a great time for kids to get a complete look at their health before the new school year," says Paul Karazija, M.D., Wellmark's chief medical officer. "In addition to assessing a child's readiness for athletics, health care providers can also offer laboratory testing, needed immunizations, and screen for important adolescent health issues like diabetes, obesity or Most schools require only minimal information from sports physicals, including height, weight, pulse, and blood pressure, a health history, and brief physical examination of the major body systems. A health

maintenance exam, by comparison, includes additional elements to provide an overall evaluation of a student's health. These include: appropriate laboratory testing, immunizations, review of health and lifestyle risk factors, and discussion of any recommended changes

Once the season starts, both kids and parents can help prevent injuries by following a few simple guidelines.

- Drink plenty of water. "Two-a-day football or volleyball practices can quickly dehydrate the body, increasing the risk for heat stroke and sunburn," Karazija says. "Don't simply drink water during practice, but before and after as well."

- Listen to your body. Many sports injuries are related to the stress and overuse. Aches and pains may be common, but alert the coach (and your health care provider) if you suspect a stress fracture or knee injury, or if you're having persistent back pain. If the injury is from

overuse, a day or two of rest may be all it takes to get back to full strength.

- Use the right equipment. From shoes to knee pads, and swim goggles to helmets, choosing the proper safety equipment can help kids avoid injury.

- Treat head injuries seriously. More and more research warns of the dangers of concussions, often caused by helmet-to-helmet contact in football, or the head slamming into the ground in any sport. "The effect of multiple concussions can be life-changing," Karazija warns. "Don't get back on the field without consulting your doctor first."

- Don't come back too early after an injury. Re-injury is common when athletes return to the playing field before they have fully recovered. Missing one game now is better than missing five later.

View: Nebraska HHS A 'Schoolyard Bully'

Everyone who has been to school remembers the playground bully. You know, the person who would push, taunt, and tease the younger, weaker kids on the playground. The bully takes their lunch, lunch money, homework or anything else to make life miserable. Well, we have our own playground bully here in the "Good Life State." It is the Nebraska Department of Health and Human Services and the Division of Developmental Disabilities.

Anyone who has been blessed with a disabled child learns quickly the need for additional support in raising that child. Support comes from many arenas. Extended family being immediate, then church, community, school and so forth. All the same supports needed with a "normal" child.

However, with a disabled child, Health and Human Services becomes involved early on in life and plays a role though out life. They are needed particularly for programmatic guidance and long-term funding. You learn to trust and depend on good people working in a complicated system to obtain services in the best interest of the person served. This is determined by an interdisciplinary team consisting of everyone involved in the delivery of services. These services are to be person-centered. In other words, what is in the best interest of the person served in the least-restrictive environment. Many times, the best services and least restrictive environment are found outside one's home state. For those who live farther than a stone's throw from that facility, one may ask: Why there? The answer is simple, superior programs.

Recently, our out-of-state service provider for our disabled children notified us that Nebraska would not renew their contract unless services are provided within Nebraska

and to Nebraska regulations. To establish a new program just across the border of South Dakota in Nebraska for Ability Building Services of Yankton would not be cost-effective. Not to mention this facility has received its recertification from the National Council on Quality and Leadership. This is not an easy thing to obtain. Just Google facilities in Nebraska with this certification and see what you get. You will soon understand why we chose this facility. This notification came to us from Ability Building Services, not the State of Nebraska. Does due process mean anything?

Furthermore, these decisions appear to have been made in the best interest of the state, not the individuals served. When calls are made to determine at what level of state government this came from, everyone points fingers at someone else. Even the governor pointed his fingers at the feds when asked about this on his call-in show a few weeks ago. Whoever is responsible for this decision at whatever level, it has violated these people's civil rights. They have usurped the team approach to developing a service plan. The state has decided what is in the "best interest" of these people based on the "best interest of the state." What country are we living in? Ironic as it is, Nebraska hosted the National Summer Special Olympics a couple weeks ago, all while Health and Human Services is bullying our disabled children on the borders.

To add insult to injury, this move would not save the taxpayers one dollar, as our out-of-state provider provides services at the rate established by Nebraska. In fact, room and board is cheaper in South Dakota. We currently purchase the best product for the

least dollar. They call this value! You as taxpayers need to ask our legislators why Health and Human Services is going to spend millions of dollars to reinvent something that already exists when the state is facing millions in budgetary deficits.

You'll have your chance to do so and show your support for all with developmental disabilities in this area including those yet to come on Aug. 12 at the state Capital in Lincoln, Neb. A special investigative legislative hearing is going to be held. Testimony will be given and questions asked as to why this is happening. Given the current and projected future state of Nebraska's budget, we ask your support not only for our children, but the economic well-being of this state. Common sense appears to have dried up in Lincoln. Please follow us to Lincoln at 1 p.m. Aug. 12, or call your Legislator to voice your support to rekindle common sense in Nebraska.

All this while those of us affected are contemplating relocating our families and businesses across the state lines. Do not think that our "normal" children are not reconsidering where to build their lives, as well.

By Fred and Karen Steffen, Crofton, Neb.; Jeff and Konnette Wemhoff, Coleridge, Neb.; Gary Schmitt, Laurel, Neb.; Betty Kuchta, Hartington, Neb.; Edward and Bernadette Lange, Hartington, Neb.; Alan and Carol Kneiff, Newcastle, Neb.; Ruth and Victor Janek, Niobrara, Neb.; Chad and Janelle Frerichs, Coleridge, Neb.; Dan and Sharon Ficus, Coleridge, Neb.; James and Jean Haberman, Crofton, Neb.; Lita James, Center, Neb.; Fay Jackson-Hubbard, Schuyler, Neb.; Randy and Jeanne Anderson, South Sioux City, Neb.

INTERNATIONAL VICTORY



Kari Heck (back left) recently participated in the "Down Under Sports Track Meet" in Brisbane Australia.

Heck Participates In Australian Track Meet

Kari Heck, a junior at Washington High School in Sioux Falls, was one of two athletes from South Dakota to participate in the "Down Under Sports Track Meet" in Brisbane, Australia on July 2-4, 2010.

Kari won gold medals in the 400, 4x4, Long Jump, and 4x100 and silver in the 200. She was part of the 4x100, which broke

the International record. The team consisted of girls from Kentucky and Hawaii, and the two South Dakota athletes, Kari Heck and Tricia Watson of Watertown.

Kari is the daughter of Jon and Kim (List) Heck of Sioux Falls and granddaughter of Sharon List and the late Jim List of Yankton.

HOMES FOR HABITAT



Yankton's First United Methodist Church Worship Committee sold houses for Father's Day as a fund-raiser for the Yankton Habitat for Humanity. They raised \$310. Pictured are Worship Committee Chairman Evie Sime and Vice President of Habitat for Humanity Steve Huff.

RADIOLOGIC GRADUATES



Avera Sacred Heart Hospital School of Radiologic Technology will hold graduation ceremonies for its Class of 2010 on Friday, Aug. 13, in Yankton. Pictured from left are (front) Arielle Klein, Chanda Mueller, Kelly Olmer, (back) Morgan Campbell and Justine Kellen.

Schieffer Wins Colorado State Swim Meet

Connor Schieffer, the 10-year-old son of Adrienne and the late Brent Schieffer of Littleton, Colo., set a state record and won three titles at the Colorado State Swim Meet Aug. 1 in Golden, Colo. Competing in the 10-11 age group, Schieffer set a new state record in the 200 freestyle, and also won the 100 freestyle and the 50 freestyle. Connor is the grandson of Roger and LeAnn Schieffer of Crofton, Neb.

SANFORD HEART OF TOMORROW SCHOLARSHIP WINNERS NAMED

SIoux FALLS — The 2010 Heart of Tomorrow Scholarship winners were announced by Sanford Health. Sanford values the importance of family and lifts this up as one of the organization's five core values. This scholarship is awarded to dependent children of Sanford Health employees who have plans to or are currently enrolled in post-secondary education in a two- or four-year college, university or vocational-technical program.

This year, the Heart of Tomorrow Scholarship has been awarded to 212 recipients from Iowa, Minnesota, North Dakota and South Dakota in the amount of \$1,000 each. Winning applicants were chosen based upon their academic record, involvement in school and community activities and a statement of educational, career and long-term goals.

"Sanford Health is committed to investing in its communities and its children," stated Kelly Krabbenhoff, Sanford Health CEO. "We are proud to support the families of our

employees in their pursuit of higher education."

Area Winners include:
Centerville: Matthew Auch, Evan Voog
Yankton: Kayla Salonen

SCHOOL OF MINES STUDENTS GAIN HANDS-ON EXPERIENCE

The school year is over and campuses are quiet. Nonetheless, many South Dakota School of Mines and Technology students are making the most of their summer and will return with far more than they left with — valuable experience gained through internships, co-ops and undergraduate research.

Bucking national employment statistics, School of Mines students are in demand and are working for 127 employers in 29 states, earning an average of \$16.71 per hour. In addition to wages, some employers provide housing stipends and relocation expenses that are not included in the salary averages.

"These internship experiences are extremely valuable to the career advancement of our students and also workforce development in

South Dakota," said Darrell Sawyer, director of the Career Center at the School of Mines. "The availability of technically-skilled college graduates with relevant work experience is critically important to continued economic development in our state."

Organizations hiring School of Mines students include Bobcat, Cargill, Garmin, John Deere, Kiewit, Microsoft, Nucor, Peabody Energy and others. In addition to national corporations, many students are expanding their education through experiences with South Dakota employers — 42 percent in fact. These companies and agencies include Black Hills Power, Daktronics, RESPEC, Sanford Underground Lab, Dakota Power, POET, Black Hills Nanosystems, Indian Health Services, South Dakota Department of Transportation and others.

Seventy-five percent of School of Mines graduates gain relevant work experience through internships and co-ops by the time they graduate, giving them the skills employers are looking for as is evident in the 96 percent placement rate and average

starting salaries of more than \$56,000 that graduates achieve.

The Yankton students involved were:

Paxton Alsgaard, biomedical engineering, employed by Black Hills Nanosystems, Corp., located in Rapid City.

Garrett Brandt, computer science, employed by Microsoft, located in Fargo, N.D.

Jarrett Brenner, computer science/mathematics, employed by Garmin, located in Olathe, Kan.

Ben Hanson, mechanical engineering, employed by TruXedo, Inc., located in Yankton.

Justin Kolbeck, civil engineering, employed by Pennington County Highway Department, located in Rapid City.

Cassandra Schultz, environmental engineering, employed by the South Dakota United States Geological Survey Water Science Center, located in Rapid City.

Christian Tieszen, mechanical engineering, employed by The Freeman Company, located in Yankton.

MEETING MINUTES

VFW AUXILIARY

President Shelley Stoddard opened the VFW Auxiliary meeting. Draping of the charter was held for the following: Florence Taylor, P.N.P., Mildred Ven Osdel, Carol Wachendorf, Bridget Ruppner, Beulah Mayer, Maria Wampol, Nellie Neilsen, Amanda Guthmiller and Dorothy Jacobsen. There were four petitions for membership: Patricia Johnson-transfer, Lacie Olson, Karen Skonhovi and Cindy Auch.

The new 2011 Cancer Pins are in at two dollars each. Thank-you notes from Avera Sacred Heart Foundation for dimes donated to Avera Sister James, Amanda Guthmiller Family, Betty Herrboldt, Nellie Neilsen Family, Verma Klein, Ralph Christopherson Family, Benefactor Magazine, Ida Foxhoven, Delores Klimish, Jonathan (from National Home) and Phyllis Erickson.

Lola De Jong reported funeral lunches were served for Conrad Klein and Ralph Christopherson. Membership Chairman, Marge Olson, reported we have 61 paid-up members. Two donations of \$25 were

allowed, one for Relay for Life and one for the State Fair fund.

Check Point Magazine had an interesting article on Yankton's VFW Special Olympic Program.

The State President and State Commander's Homecoming is in Sioux Falls on Sept. 24. The National President's visit is in Sioux Falls on Aug. 10-12. The Big 10 Conference is in Columbus, Ohio on Aug. 15-17.

President Stoddard read and presented to the Auxiliary the Citations received at the State Convention. We also received the traveling plaque since it was full and Yankton's name was on it the most times. A poppy plaque was also received.

Convention reports were given by those who attended the convention.

The audit report was read. The Honor Flight was brought up. After much discussion it was allowed to send \$2,000 to the state treasurer for the Honor Flight Program.

Norma Bender won the ten-cent cup. Jill Stange's name was drawn for the Door Prize — absent — \$8

next meeting. Char Vitek and Janet Waggoner served lunch.

INTERCHANGE

Interchange met on Monday, August 2, 2010 at noon at the Waterfront.

Paula Tacke, Interchange vice president, called the meeting to order with the flag pledge.

Jane Bobzin was the hostess with guest speaker Allison Struck with Government Research Bureau. Allison spoke on her experience at Eagle Butte and Pine Ridge.

The next Interchange meeting will be held Monday, Aug. 9, Carla Ewald is the hostess and the speaker will be Dr. Joe Gertsema to speak on his recent trip to China.

TOASTMASTER CLUB 1294

Yankton Toastmaster Club 1294 met Saturday July 31 at 7:30 a.m. at the Fry'n Pan Restaurant. The meeting was called to order by President Matt Stone. The invocation was given by Kathy Hejna followed by the Pledge of Allegiance to the flag. Vernon Arens was introduced as the Toastmaster of the meeting. He

called on grammarian Janice Stone to give the word of the day, which was "dubious." Table Topics was led by Doug Fieckbohm on the subject of flooding.

Speeches were given by Joy Winther on "Get to Know the World Around You" from the Speech to Inform manual, Tara Arens on "Garden Graces" from the CTM manual, and Jeremy Skrenes on "Sounds Like a Bike" from the CTM manual. Master Evaluator of the meeting was Angela Mann, who evaluated the meeting and called on Mike Arens to evaluate Winther. Matt Stone to evaluate Arens, and Kevin Buhl to evaluate Skrenes. Presentations were also given by grammarian Janice Stone, joke master Janice Stone, Ah Counter/Nail Dropper Harr Voezke, timer Carol Hale, and Vote counter John Swensen. Table Topic winner was Swensen, best speaker was Skrenes, and best evaluator was Matt Stone.

Guests are welcome at Toastmaster meetings. For more information call 665-8448.

Urgent news for people who took

ACCUTANE

The acne drug, Accutane, has been linked to serious abdominal illnesses, even months or years later, including Inflammatory Bowel Disease (IBD), Ulcerative Colitis, and Crohn's Disease. If you have suffered from any of these conditions after taking Accutane, call us now at 1-800-THE-EAGLE about monetary compensation. No fees or costs until your case settles. We practice law only in Arizona, but associate with lawyers throughout the U.S.

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