

Football

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yards through the air. Meester caught four of those passes for 91 yards and the score and also added two interceptions on defense.

The Watchdogs (1-0) travel to Dakota Valley next Friday while Sioux Valley (0-1) hosts Deuel in Volga, also on Friday.

SIoux VALLEY (0-1)	0 0 0 0
BERESFORD (1-0)	0 0 13 -13

Tea 41, Bon Homme 6

TEA — Gunnar Ensz ran for 104 yards and two touchdowns to win the season opener 41-6 for Tea Area on Friday night in Tea.

Taylor Roemen passed for 107 yards and two scores, and added another rushing touchdown, for the Titans, who led 27-0 at halftime. Tea Area ran for a total of 219 yards.

For Bon Homme, Kodi Larson scored on a 37-yard touchdown run in the third quarter. Ross Kortan ran for 48 yards, while Blase Vanecek rushed for 41 yards and passed for 64 yards. Vanecek led the defense with eight tackles.

Next Friday, Tea Area travels to Lennox and Bon Homme hosts Platte-Geddes/Dakota Christian.

BON HOMME (0-1)	0 0 0 0
TEA AREA (1-0)	12 15 14 0 -41

Bridge-Emery-Ethan 60, Freeman 6

FREEMAN — Anthony Huber rushed for 198 yards and four touchdowns to lead Bridgewater-Emery-Ethan to a 60-6 victory over Freeman in 9AA Cornbelt Conference football action on Friday night in Freeman.

Huber, a senior, averaged over 12 yards per carry while finding the endzone two times in the first quarter to help the Seahawks take a 24-0 advantage after 12 minutes of play.

Junior quarterback Jace Connor completed five of his seven pass attempts for 51 yards and a score, a 32-yard hookup to Blake Bartscher.

Freeman got their lone score of the game in the second quarter when senior Aaron Lickteig found sophomore Brennas Schmidt for a 67-yard touchdown to close the gap to 24-6.

The Seahawks answered right back less than 30 seconds later with a score of their own however and tallied the final 36 points of the game.

B-E held a 449-125 total offense advantage, out-rushing the Flyers 398-31.

Senior end Caleb Lang had an outstanding defensive game for the Flyers, tallying 18 tackles and an interception.

B-E-E, 1-0, is off next week before taking on Canistota on September 7 at Bob Young Field in Sioux Falls.

Freeman, 0-1, also had next weekend off before traveling to Alexandria on September 7 to take on the Hanson Beavers.

BRIDGEWATER-EMERY-ETHAN (1-0)	24 6 18 12 -60
FREEMAN (1-0)	0 0 0 0 -6

Centerville 38, Marion 24

MARION — The Centerville Tornadoes rallied from an 8-point halftime to beat Marion 38-24 on Friday night in Marion.

Seamus O'Malley passed for three touchdowns and ran for one more in the victory for Centerville, which scored six points in the third quarter and 16 in the fourth quarter.

Luke Abbas ran for one touchdown run and led the defense with 18 tackles. Josh DeRaad had nine tackles, one fumble recovery and one interception.

In the loss for the Bears, Andrew Grassi rushed for 88 yards and one touchdown, and also threw for one score. Nick Gortmaker added a rushing touchdown.

Both teams hit the road next Friday, with Centerville visiting Parker and Marion traveling to Irene for a matchup against Irene-Wakonda.

CENTERVILLE (1-0)	16 0 6 16 -38
MARION (0-1)	8 0 0 0 -24

Gregory 49, S. Central 12

BURKE — Jaden Bartling passed for three touchdowns and rushed for one more to lead Gregory in a 49-12 victory against South Central on Friday night in Burke.

Bartling had touchdown throws of 10, 14 and 1 yard, and added a 30-yard touchdown run. Jonah Beck ran for 75 yards and one touchdown for the Gorillas, who led 41-6 at halftime.

For South Central, Sam Hazen scored on a 25-yard fumble recovery. Turner Serr rushed for 42 yards, while Garrett Brauns ran for 39 yards.

Next Friday, Gregory hosts Colome and South Central hosts Scotland.

GREGORY (1-0)	21 20 0 8 -49
SOUTH CENTRAL (0-1)	6 0 0 0 -12

Tri-Valley 41, Canton 23

COLTON — Brett Page combined to score four touchdowns to lead Tri-Valley past Canton 41-23 on Friday night in Colton.

Page passed for 102 yards and three scores, and also rushed for one touchdown. Logan Otto caught four passes for 91 yards and three touchdowns. Logan Koopman ran for 138 yards and one touchdown.

Tanner Broughton led Canton with 83 rushing yards and two touchdowns. Brian Jennings had a touchdown catch of 29 yards.

CANTON (0-1)	7 0 6 10 -23
TRI-VALLEY (1-0)	6 28 0 7 -41

Kimball-White Lake 38, Mount Vernon 14

KIMBALL — Kimball-White Lake's Jesse Taylor passed for 146 yards and three touchdowns to lead the Wildkats past Mount Vernon 38-14 in South Dakota nine-man football action on Friday night in Kimball.

The Wildkat senior averaged 29 yards per completion, as he completed five of his six pass attempts. Senior Kyle Peters caught four of those passes for 117 yards and a pair of scores.

The Wildkats, who led 38-0 after three quarters, also got a pair of rushing touchdowns from senior back Trevor Reinesch. Reinesch finished with 135 yards on 13 carries.

Reinesch and senior Jacob Kirsch led the Wildkat defense with seven and six tackles respectively.

The Mustangs got a 9-yard touchdown run from senior Jared Long to get on the scoreboard in the fourth quarter and followed that with a 33 yard touchdown pass from Deric Denning to Tate Deinert.

Cote Hinker led Mount Vernon defensively with 10 tackles.

Kimball-White Lake, 1-0, travels to Forestburg to play Woonsocket-Wessington Springs-Sanborn Central next Friday.

Mount Vernon, 0-1, hosts Chester Area Friday night.

MOUNT VERNON (0-1)	0 0 0 14 -14
KIMBALL-WHITE LAKE (1-0)	20 12 6 0 -38

wood, Beresford 17:14.90; 16, Jena Rezac, Bon Homme 17:15.09; 17, Rebecca Eberts, Freeman 17:15.29; 18, Katelyn Hinker, Lennox 17:16.51; 19, Sally Peterson, Canton 17:27.28; 20, Meagan Schenk, Harrisburg 17:29.01

Pierre Tri.

PIERRE — Pierre runners swept individual honors in a home cross country triangular on Friday. No team points were kept in the event, which also featured Aberdeen Central and Rapid City Central.

Pierre's Matt Monfore led a 1-2-3 finish for the Governors, clocking a 13:35.5 in the 4,000-meter event. Steven Gordon (14:09.3) finished third, with Jebben Keyes (14:20.6) placing fourth. Aberdeen Central runners took the next five spots.

The Lady Govs' Rachel Probst won by 31 seconds in the girls' race, clocking a 15:26 over the 4,000-meter course. Rapid City Central's Adeline Straatmeyer (16:07.4) finished second, followed by three runners from Aberdeen Central, led by Hannah Kastigar (16:15.4).

TOP 5: 1, Matt Monfore P 13:35.5; 2, Steven Gordon P 14:09.3; 3, Jebben Keyes P 14:20.6; 4, Griffin Hieb AC 14:50.2; 5, Jake Anderson AC 14:57.8

GIRLS' DIVISION
TOP 5: 1, Rachel Probst P 15:26.0; 2, Adeline Straatmeyer RCC 16:07.4; 3, Hannah Kastigar AC 16:15.4; 4, Katie Volk AC 16:31.5; 5, Kaylee Kappes AC 16:45.2

Cross

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Junior high honors went to Taden Wilson of Lennox (11:48.05) in the boys' race and Caitlin Worth of Beresford (13:06.84) in the girls' race. Both races were 3,000 meters.

BOYS' DIVISION
TEAM SCORES: Lennox 37, Parker 49, Beresford 63, Sioux Falls Christian 79, Dakota Valley 83, Tea Area 96, Vermillion 113, Dell Rapids 120, Canton 123, Elk Point-Jefferson 129
TOP 20: 1, Duane Jongeling, Parker 17:07.95; 2, Graham Bacon, Dakota Valley 18:10.05; 3, Nathan Ford, Vermillion 18:17.24; 4, Jack Johnson, Irene-Wakonda 18:27.09; 5, Nathan Timmerman, Lennox 18:27.88; 6, Ryan Olson, Parker 18:28.76; 7, Austin Weischedel, Lennox 18:33.07; 8, Riley Schaap, Beresford 18:33.51; 9, Hunter Paulsen, Elk Point-Jefferson 18:36.41; 10, Michael Olson, Parker 18:36.79; 11, Sean Kneip, Tea Area 18:37.04; 12, Tyler Jorgensen, Tea Area 18:37.29; 13, Caleb Wynia, S.F. Christian 18:37.64; 14, Josh Friese, Lennox 18:37.64; 15, Creighton Raabe, Lennox 18:40.22; 16, Connor Bollweg, Harrisburg 18:40.84; 17, Peter Auch, Beresford 18:47.47; 18, Charlie Long, Dakota Valley 18:50.85; 19, Matthew Graber, Freeman Academy 18:52.13; 20, Ben Brockmuller, Freeman Academy 18:54.47

GIRLS' DIVISION
TEAM SCORES: Canton 60, Gayville-Volin 66, Breeseff 67, Dakota Valley 71, Bon Homme 77, Harrisburg 86, Lennox 83, Dell Rapids 107, Elk Point-Jefferson 130, Canistota 155, Vermillion 165, Parker 209
TOP 20: 1, Halle McKains, Canton 15:42.44; 2, Genevieve Clark, Gayville-Volin 16:16.31; 3, Maisey Bainbridge, Lennox 16:20.21; 4, Justine Van Zee, S.F. Christian 16:27.62; 5, Laura Nelson, Gayville-Volin 16:31.40; 6, Madison Lavin, Vermillion 16:39.32; 7, Audrey Brooks, S.F. Christian 16:41.79; 8, Cailey Roth, Freeman 16:52.85; 9, Taylor Van Holland, Harrisburg 16:55.74; 10, Savannah Schmidt, Mount Vernon-Plankinton 16:56.58; 11, Madsen Haje, Bon Homme 16:58.95; 12, Mallory Lanier, Harrisburg 17:05.22; 13, Claire Johnson, Dakota Valley 17:10.92; 14, Lexy Johnson, Beresford 17:14.58; 15, Ashlyn Al-

ASK THE EXPERTS

Comfort Care

Q "How long have you offered hospice services and do you only provide them in your Assisted living facility?"



Lars Aanning, MD
Medical Director

A Since January of 2011, Autumn Winds has been operating a Hospice/ Palliative Care program. Hospice is an approach to caring for the whole patient- physically, emotionally, and spiritually. It turns away from aggressive medical measures designed to prolong life when those procedures have become invasive and no longer productive, or wanted, by the patient and their loved ones.

Hospice is not about dying, but about living the rest of a person's life with dignity, and comfort. It is about having the best quality of life possible while giving opportunity for personal growth and for the nurturing and/or healing of personal relationships.

Hospice can be provided in a hospital, a long term care facility, a hospice house, the patient's home, or any place the patient may live. This includes residents living at Autumn Winds Assisted living, but is not limited to our Assisted Living facility. We have a strong desire to help people remain in the setting they call home.

If you have more questions or are wondering if you or a loved one is appropriate for Hospice or Palliative care please contact us.



605-689-0382 Yankton, SD

Family Medicine

Q My Son/Daughter is going to college this fall. Does he/she need the meningitis vaccine?"



Jeffrey Johnson, M.D.

A Meningococcal bacteria are carried only by humans in the nasopharynx. Transmission occurs when close, face-to-face contact permits the exchange of salivary secretions from people who are ill or are carriers.

Invasive meningococcal bacteria can cause severe disease, including meningitis and sepsis, and occurs most often in adolescents ages 16 through 21. Even though the disease is not very common, the goal is to prevent as many adolescents as possible from getting it.

All 11-12 year old adolescents should be vaccinated with meningococcal vaccine. When the vaccine was first recommended for adolescents in 2005, protection was thought to last for 10 years. However current data suggests a booster is appropriate at about age 16 to insure protection through the years at which risk for infection is highest (age 16 through 21 years). Adolescents who receive their first dose of the vaccine at or after age 16 years do not need a booster dose.

Studies have indicated that college freshmen, particularly those who live in dormitories, are at increased risk for meningococcal disease when compared to other persons their age.

If your child is about to start college and got their first dose of vaccine more than five years ago, the CDC recommends a booster dose be given prior to them starting.



605-260-2100, 2525 Fox Run Parkway, Lewis & Clark Medical Plaza, Yankton

Ear, Nose & Throat

Q Dr. Rumsey, my son just started school and has been having difficulty hearing the teacher with all the other noise in the classroom. What can I do to help him?"



Matthew Rumsey, Au.D. CCC-A

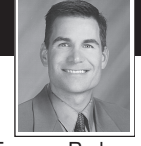
A Noisy classrooms can definitely be a challenge for students trying to focus and learn new things. Children with hearing loss or normal hearing could benefit from the use of either a personal FM system or a classroom FM system. An FM system is designed to help students better identify and understand speech, especially when background noise is present. Classroom FM systems work by having the teacher wear a microphone that will pick up his/her voice and transmit it through a speaker placed in the room. Research has shown that classroom FM systems have several advantages including increased attention, comprehension, and overall academic success for the students as well as less strain on the teacher's voice. If you have any questions regarding FM systems feel free to call (605) 665-6820 or write mrumsey@avera.org.

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Podiatry

Q Why do I have heel pain on the back and on the bottom of my heel?"



Terence Pedersen, D.P.M.

A While most heel pain is still a result of a biomechanics condition or predisposition in the foot, guidelines have been expanded to help podiatrists distinguish cases that are more neurological, traumatic or arthritic in nature and require more specialized care. A thorough assessment is key to proper diagnosis and treatment.

The most common diagnosis related to heel pain remains plantar fasciitis, a condition caused by chronic inflammation of the connective tissue extending from the heel to the toes, but heel pain can also be a result from other conditions such as a Haglund's deformity, which is a bony enlargement on the back of heel which can cause the soft tissue near the Achilles tendon to become irritated when it rubs against shoes.

Bursitis, which is inflammation of the bursar, can also be a result of abnormal heel bone shape, often caused by the rubbing of a Haglund's deformity against a shoe.

In most cases, these forms of heel pain can be treated with anti-inflammatory medications, padding and strapping, shoe modifications, physical therapy, cortisone injections, and surgery. The vast majority of patients with these types of heel pain improve without surgery, but early intervention is critical for optimal success. If improvement occurs, the guideline specifies that initial therapy should continue until the pain is resolved. But if no relief is experienced, the patient should receive special tests to further evaluate the heel, and to rule out other conditions such as circulation problems, arthritis, neurological conditions or stress fractures.



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

Orthopedics

Q I have arthritis and have been able to get by until recently with pills. I am starting to have more symptoms now and wonder what else is available to treat my arthritis?"



Dr. Dan Johnson, M.D.
Board Certified
Orthopedic Surgeon

A When pills such as naproxen, ibuprofen or tylenol stop working it usually means the arthritis is worsening or flaring up. Injection therapy or physical therapy may be of benefit. Arthritic joints benefit from reasonable activity so try to stay active and exercise.

When conservative measures fail and the quality of one's life is diminishing because of arthritis, then arthroplasty (joint replacement) can be extremely successful at improving mobility and decreasing pain.

A visit with your orthopedic surgeon can help you decide what treatment is right for you.



1101 Broadway Ave., Morgen Square Suite 106, Yankton • 605-665-0077

Urological

Q Can diet play a role in preventing prostate cancer?"



Dr. Joseph Boudreau, MD, F.R.C.S.

A The following is a short list that summarizes dietary aspects of risk factors for prostate cancer:
1. Keep your Vitamin D levels normal. Low Vitamin D is a risk factor for prostate cancer growth in bone.
2. Diet high in fruit and vegetables and low in carbs can lower risk of prostate cancer.
3. Low fat diet.
4. High dietary intake of Calcium has been identified as a possible risk factor.
5. Soy milk or protein can lower ones PSA level and possibly lower risk of prostate cancer.
6. Lycopene rich foods are good (tomatoes, tomato paste, watermelon, papaya, mango, oranges)
7. Moderate exercise and weight control
8. Any use of grape seed supplements in one study reduced the risk of prostate cancer by 41%. Other supplements including chondroitin, coenzyme Q, fish oil, garlic, ginkgo biloba ginseng, glucosamine or raw palmietto, did NOT reduce the risk of prostate cancer.
9. More aggressive Vitamin D supplementation should be considered in obese cancer patients with a body mass index (BMI) greater than 30kg/m².
10. High intake of protein from dairy products might increase the risk of prostate and breast cancer by increasing the body's production of insulin-like growth factor. Dairy is ok in moderation however
11. Keep your cholesterol levels normal
12. Red meat cooked well done has been associated with increase risk of prostate cancer. Therefore less barbecuing and less processed meats are advised. Don't cook your occasional steak or hamburger to well done. While meat (chicken) was not associated with a higher risk of prostate cancer.
13. Green tea is good
14. Cruciferous vegetables (broccoli etc.) is good
15. Omega 3 fatty acid is good.

Yankton Urological Surgery, Prof., L.L.C. 2009 Locust, Yankton • 689-1100

Chiropractic

Q What can chiropractic do for my sinuses?"



Sheila Fitzgerald, DC

A A common complaint that sinus sufferers have is the congestion that develops in the frontal and maxillary sinuses. The chiropractic adjustment of the upper neck helps impact several mechanisms that help the sinus region respond. The drainage and lymph flow is enhanced. The muscle tension of the neck and head is improved. The nervous system's response to the adjustment increases activity of the immune system. Then, there are some individuals who also choose to use acupuncture for sinus related problems, and have a lot of success and improvement. For the most part, chiropractic has a very beneficial effect with sinus problems and is a very safe alternative treatment.



2507 Fox Run Parkway,
Yankton, SD, 665-8073

Fitness/Health

Q I consider myself fit and healthy but am overweight by appearance and according to the charts. Do I need to lose weight or if I keep exercising and eating right can I just stay the way I am?"



Angie O'Connor, Clinical Exercise Specialist

A It is possible to be overweight and still maintain a great fitness level and be generally healthy cardiovascular wise. There are still risks to holding on to those extra pounds that may affect you long term, however. Each additional ten pounds you hang on to over your suggested weight increases the force on your weight bearing joints by 30-60 pounds. That increases your risk for cartilage tears and developing painful osteoarthritis. Studies also continue to be done on how extra weight affects your risk of developing cancer. Data suggests that extra body weight contributes to one out of every five cancer related deaths. When it comes to diabetes that extra weight around your middle can affect the body's ability to effectively utilize insulin. This causes increased blood sugar and a host of other issues. That extra weight can also cause your blood pressure to increase as well increasing your risk of heart disease and stroke. I certainly do applaud you for your work but recommend a healthy weight range now to protect your future later.



501 Summit • 665-9006

Pharmacy/Nutrition

Q Extreme heat and its damaging effects to prescriptions medications

A The storage of prescription medications is something that everyone seems to take for granted. Most people store their medications in a dry, cool area but what about those of you who use a mail-order pharmacy, or leave your medications in areas susceptible to high temperatures. Have you ever considered the damages that heat can cause to your medications? Most medications are designed to be stored at normal room temperatures, which is around 70-80 degrees. If the temperatures are above that, the chemical composition of drug can change, causing the drug to lose some of their effectiveness. Some medications that are particularly susceptible to the heat are nitroglycerin, which is used to treat heart problems and insulin, which is for diabetes.

The heat can also cause problems for patients who get their medications through a mail order pharmacy. To prevent these problems, patients should request that their orders be sent by an overnight service, and that they be delivered when someone is home to prevent the medication from sitting outside in the heat.

There are many things to look for checking for damage to your medication caused by heat. Some pills might change color or crumble as they degrade, and the capsules may melt. But most of the time, the damage isn't visible to the naked eye. People who are worried about possible damage to their medications should consult their local pharmacist or the drug's manufacturer.

Justin Cunningham
P-3 Pharmacy Student at SDSU



Pharmacy • 665-8261

GOT SPORTS?

Call The Press & Dakotan At 665-7811

or email sports@yankton.net