

Suspects Sought In Sioux Falls Stabbing

SIoux FALLS (AP) — Sioux Falls police are investigating a stabbing in an apartment building. Police say a 21-year-old man was stabbed in the head Friday afternoon with a knife that was described as a machete. The victim was treated at a Sioux Falls hospital for non-life threatening injuries. Authorities say they are searching for more than one suspect.

SD Tow Truck Operators Busy

BROOKINGS (AP) — The day after a white Christmas proved to be costly for many vehicle owners in Brookings. Police say about 225 cars were ticketed and marked for towing after a parking ban went into effect at 1 a.m. on Thursday, so crews could clear snow from the streets. The three tow truck owners in town told the *Brookings Register* they hauled off 109 vehicles by the end of the day. Assistant Police Chief David Erickson says any vehicle left in the street when a parking ban goes into effect gets an immediate ticket that carries a \$35 fine. It costs about \$150 to retrieve it from impound. Erickson says the number of tickets — and the number of complaints from citizens — was about average for a typical snow ban.

Officials: Neb. Hog Inventory Up

LINCOLN, Neb. (AP) — Officials say Nebraska's inventory of hogs and pigs is up. The U.S. Department of Agriculture says in a news release Friday that there were 3.1 million head in the state on Dec. 1. That's up 3 percent from the same time last year. However, the agency's National Agricultural Statistics Service says the number is unchanged from Sept. 1. Breeding inventory was at 390,000 head, up 3 percent from December 2012. Market hog inventory, at 2.71 million head, was up 3 percent from last year. Nebraska hog producers intend to farrow 170,000 sows between December and February. That's up three percent from the same time a year ago. Producers also plan to farrow 175,000 sows between March and May. That's up 9 percent from the same period the previous year.

Man Convicted For Misbranding Meat

OMAHA, Neb. (AP) — A Nebraska man has been convicted of selling misbranded meat to the Omaha public school system. U.S. Attorney Deborah R. Gilg said in a news release Friday that 63-year-old Paul Rosberg, of Wausa (WAH'-sah), was sentenced to 18 months of imprisonment. He also received one year of supervised release and was fined more than \$8,000. Prosecutors say Rosberg supplied about 2,650 pounds of ground beef to the Omaha public school system in October 2011. Rosberg, as owner of Nebraska Finest Meats in Randolph, told officials that the meat was federally inspected. Officials say the meat was not federally inspected. Federal agents later intercepted all the meat before it was served to students.

Ref: Ex Lawmaker Should Keep License

LINCOLN, Neb. (AP) — A court-appointed referee says former Nebraska state Sen. Brenda Council should keep her law license even though she used campaign money to gamble at casinos. Fremont attorney Thomas Thomsen recommends that the Nebraska Supreme Court suspend Council's license for one year and place her on probation for another two. Council was sentenced to three years of probation and fined \$500 earlier this year after pleading guilty to a federal wire fraud charge. She also was fined \$500 after pleading guilty to two state misdemeanor charges related to her use of campaign money. The former Omaha lawmaker lost her 2012 re-election bid to state Sen. Ernie Chambers. Thomsen says Council has repaid all of the money taken from her campaign election fund and is undergoing treatment for a gambling addiction.

Suspect Arrested After Lincoln Heist

LINCOLN, Neb. (AP) — A 47-year-old suspect was arrested about an hour after a woman robbed a bank branch in Lincoln. Police say the woman was taken into custody about 3 p.m. Thursday. A police sergeant working at a hospital spotted the woman, who fit the description of the robber at the Bank of the West. Police say the bank was robbed a little before 2 p.m. by a woman who walked in talking on a phone. She strode up to a teller and demanded money but didn't show a weapon. The robber then left with cash that she stuffed into a large purse. Capt. Don Scheinost says officers found the bag empty in a restroom at the nearby Community Mental Health Center. Online court records don't yet list any charges against the woman.

Board Dismisses Ethics Complaint

OMAHA, Neb. (AP) — The state's judicial oversight board has cleared an Omaha judge who was accused of unethical behavior for his actions in his adult daughter's drunken-driving case. The Nebraska Commission on Judicial Qualifications says District Judge Michael Coffey didn't breach any state conduct rules. The complaint was filed by Coffey's former wife, Stacy Ryan, in February 2012. She alleged that he had improperly contacted probation officers regarding the actions of their eldest child, Megan Coffey, who'd been given a year of probation in March 2011 for her second DUI conviction. The commission said Judge Coffey's actions weren't "threatening to any of the probation officers." The commission also said a judge "should not lose his or her rights and responsibilities as a parent simply because he or she holds judicial office."

Museum To Close For 2 Months

KEARNEY, Neb. (AP) — The museum that straddles Interstate 80 in Kearney will be closed for two months so staffers and volunteers can complete maintenance projects and do some updating. The Archway's board of directors announced Thursday that the museum will shut down on Wednesday and reopen on March 1. Board President Joel Johnson says the closure "provides a great opportunity to focus on the rebranding of the facility and the grand reopening." The museum has historical exhibits that commemorate the Oregon, Mormon and California trails that pioneers used and honors the nation's highway systems and railroads. The museum has struggled with disappointing attendance since opening in 2000.

Snow Helps Mountain Lion Hunters

RAPID CITY (AP) — A snow cover in the Black Hills should help mountain lion hunters and the biologists who manage the big cat population. The season opened Thursday and runs through March, unless a harvest limit of 75 mountain lions or 50 females is reached earlier. All mountain lions killed within the Black Hills must be taken to a Game, Fish and Parks Department representative in Rapid City or Custer State Park within 24 hours for inspection. That allows staffers to log its weight, condition, sex and age, and take DNA and other samples. That information helps estimate the lion population and determine if the current policy to reduce it is working. The GFP says the goal is to have 175 lions in the Black Hills, plus or minus 25.

Donations To Ranchers Hit \$3 Million

BY CHET BROKAW
Associated Press

PIERRE (AP) — A relief fund for western South Dakota ranchers who lost tens of thousands of cattle in an early October blizzard has collected \$3 million, three times as much as expected, an organizer said Friday. The South Dakota Stockgrowers Association, Cattle-men's Association and Sheepgrowers Association set up the fund and expected to raise \$500,000 to \$1 million, but donations by Friday exceeded \$3 million from more than 5,000 donors, Stockgrowers Association President Bob Fortune said.

Many donors gave \$5, while some gave up to \$100,000, he said. "People from all over the country and all over the world have donated money," Fortune said. The fund is intended to help ranchers cover household expenses, but officials say key to getting them back on their feet is passage of a new farm bill to restore a Livestock Indemnity Program that could cover as much as two-thirds of a rancher's loss. Congress hopes to pass the bill early in the new year. Fortune said the relief fund has processed 394 applications so far, and all have been approved. A volunteer

organization is distributing the relief funds based on criteria set by the three livestock associations, which have no say in who gets the money or how much they get, he said. The deadline for applying for help from the relief fund is Dec. 31, Fortune said. Once all applications have been received, additional money will be distributed to ranchers based on their losses and needs. "We're trying to get the money to the people who were hardest hit and get it to as many people as possible," Fortune said. Assistant state veterinarian Mendel Miller said 297 South Dakota ranchers have

reported losing 21,541 cattle, 1,382 sheep, 299 horses, 40 bison, one goat and one llama in the October storm. However, actual losses were higher because many ranchers have not reported to the state Animal Industry Board, he said. Joe Carley, of Philip, who lost about 30 percent of his cattle, said he hasn't got any money from the relief fund yet but is grateful that so many people contributed. "I think it's awesome. It's great how the state came together and did this. It's bigger than I could have imagined," Carley said. Like many others, Carley intends to keep ranching. "We've just got to go back and build again," he said.

ASK THE EXPERTS

Comfort Care

Q Does Medicare pay for hospice even if I choose to stay at home?

A Yes. If you or your loved one has decided to remain at home and have no further medical treatment for a terminal illness, Medicare will cover all of the costs related to:


- * Physician care
- * Medical equipment and supplies
- * Physical and occupational therapy
- * Dietary counseling
- * Nursing care
- * Hospice aid and homemaker services
- * Social work services
- * Grief and loss counseling for you and your family

Sometimes a small copayment may be billed for:

- * Medications for symptom control or pain relief
- * Short-term inpatient care (for pain or symptom management)
- * Short term respite care (to provide some free time for your caregivers)

Medicare has very generous financial benefits for patients who have decided not to undergo further treatment for their terminal condition and want to live in their home. All other medical needs requiring physician, nursing, and ancillary care are covered by Medicare Part A. Small copayments may be required in special circumstances.

Yankton, SD • 605-689-0382



Colette Broekemeier, RN
Autumn Winds
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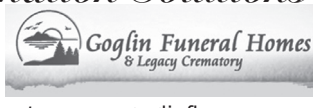
Funeral & Cremation

Q Do all funeral homes have a crematory?

A No. Most Funeral homes do not have a crematory. But all funeral homes do offer cremation services. There are 97 licensed funeral homes and only 11 licensed crematories in the state of South Dakota. Crematory locations include: Sioux Falls (2), Tyndall, Yankton, Aberdeen (3), Rapid City, Harrisburg and Sturgis (2).

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Q What is Pertussis? How do I get protected?

A Pertussis, also known as whooping cough, is a highly contagious bacterial infection that causes violent coughing. The coughing makes it hard to breathe and produces a deep "whooping" sound. Pertussis can occur at any age. The number of pertussis cases in the United States has increased in recent years. On average, symptoms begin about 7 to 10 days after the pertussis bacteria enter your body. Initial symptoms usually resemble the common cold. Infants under 6 months of age, adolescents and adults may have a cough that lasts many weeks without the characteristic whooping sound. If you have a cough that lasts more than a week without improvement, contact your medical provider. A swab from your nose or throat can confirm the diagnosis. A vaccine is available for both children and adults. Doctors recommend 5 total doses of the DTaP vaccine for all infants and children, unless there is a medical reason to withhold vaccination. Children are usually immunized at ages 2 months, 4 months, 6 months, 15 to 18 months and 4 to 6 years. Vaccines are also available for older children and adults. These age groups receive a pertussis vaccine called Tdap. This should be given at age 11 or 12 and every 10 years thereafter. If you have whooping cough, avoid contact with infants, young children and pregnant women. If you have whooping cough, your doctor will prescribe antibiotics. You will no longer be contagious after about five days of antibiotics. However, your cough may continue for weeks even if you're taking antibiotics. If you or someone you know has a persistent cough, contact Lewis and Clark Family Medicine for further information regarding pertussis. 605-260-2100

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Brad Adams, PA-C




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Chiropractic


Q A lot of chiropractors recommend supplements. What is the recommendation for supplements for weight loss?

A Just as a good foundation for spinal health is the adjustment, a good foundation for weight loss is a good diet. Good food may not be enough if digestion or other health issues prevent you from following healthy eating. We have utilized food sensitivity testing at First Chiropractic Center and supplemented with a combination of healthy medical foods and greens for great results in blood sugar management and improved gastrointestinal (GI) health. GI health is very important in digestion and the way the body absorbs the nutrition from the food we eat. When the GI health is restored, we feel better, have more energy, and can increase activity. Well-rounded programs for fitness are encouraged as well. A better body works and feels better! (Our products follow the MBP-Good Manufacturing Practices which is the quality standard from the FDA.)

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Sheila Fitzgerald, DC




first
chiropractic
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Ear, Nose & Throat


Q Dr. Neugebauer, I was recently diagnosed with Meniere's disease. What is Meniere's disease and what can I do about it?

A Meniere's disease is characterized by a combination of four particular symptoms, including ear fullness, tinnitus (ringing in the ears), intense episodes of prolonged dizziness, and fluctuating hearing loss. These symptoms can occur due to abnormal fluid composition or buildup within the inner ear. Most physicians believe the combination of salt restriction and use of diuretic medications provides the best therapy; however, there is not one specific cure for all symptoms. 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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Fitness/Health


Q How is body fat measured? Will body fat turn into muscle with an exercise program?

A Body fat or body composition is a measure of a person's lean versus fat tissue. Everyone requires some body fat for their systems to function properly, however having excess fat tissue increases your risk for various health conditions such as heart disease, certain forms of cancer, diabetes and more. There are many methods for measuring body composition including bioelectrical impedance analysis (BIA), circumference measurements, skinfold measurements, near-infrared and underwater weighing. The most common measurement styles are BIA and skin fold. BIA is very noninvasive and only requires that the participant utilize a hand held machine, after entering biometric data, for a short test that lasts less than one minute. This measurement function is also available on some home digital scales as well. For skin fold testing the participant has 3-7 sites on their body measured and marked and then the tester carefully pinches each fold of skin and measures it with a skin fold caliper. It is important to remember that it's not about "skinny" or "fat." Even a person that looks to be at an appropriate weight they can still be "over fat." That's why someone serious about keeping healthy should focus more on body composition rather than weight. Body fat doesn't turn into muscle nor does muscle turn into fat. Effective exercise will help burn off body fat and increase muscle mass.

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Angie O'Connor
Clinical Exercise
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Sacred Heart
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Podiatry

Q I've read several articles about people running barefoot. Do you think this is a good idea?

A The latest research that I have read discussed a few simple basic points that may help you. Running with a well-padded typical running shoe causes a person to do two basic things: One, run with a "heel-to-toe gait." That is, that person will strike on the heel, and the foot will naturally roll to the ball, and then onto the toes. Second, the typical running shoes causes a runner to lengthen the stride. Therefore, the shoe-runner will strike the ground less often running the same distance as the barefoot runner running the same distance. The shoe-runner will also put more pressure and strain on the heel. Running barefoot causes 2 basic changes in running: One, running stride will be shorter, and the runner will strike the ground with the ball of the foot and not the heel. Therefore, the barefoot runner will avoid pressure on the heel, while at the same time take more steps when running the same distance as would the runner with the typical running shoe. Runners who use a "minimalist" running shoe may run with a stride somewhere in between the barefoot runner, and typical "running shoe." This is a very generalized statement, because there are many different types of minimalist running shoes, with different amounts of shock absorbing material. Therefore the answer to your question depends on what you believe according to statements above. My advice would be that if you decide to become a barefoot runner, start with a typical running shoe. Then, switch to a minimalist running shoe, and finally to barefoot running. Take it slow, and deliberate. I believe, if you do a combination of the three different running styles, and listen to your body, you can decide which type of running is best for you. Perhaps, running equal amounts of distance and speed with the three types of running, will work your muscle groups differently. This may avoid overuse injuries that people experience from using only once style of running.

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Terence Pedersen, D.P.M.




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Pharmacy/Nutrition


3 New Flu Vaccine Formulations For 2013-2014

Flu season is here. Have you thought about getting your flu shot yet? There are a few new flu vaccines to consider this year. Flumist, the only non-injectable option for healthy, non-pregnant, people ages 2 to 49, now protects against 4 flu virus strains instead of the usual 3 virus strains. Fluzone, Fluarix, and FluLaval, will come in both trivalent (3 strain) and the new quadrivalent (4 strain) versions. The quadrivalent version is especially beneficial for kids and teens as they tend to be hit hardest by the "B" strains of the flu virus. The new quadrivalent vaccines of course cost more than the trivalent form. Flucelvax is a cell culture approved only for adults. It may contain small amounts of egg protein, so if one is severely allergic to eggs, it is not a good choice. Flublok is a new egg free vaccine approved for ages 18 to 49. Flublok is made by replicating the viral protein that triggers immunity, not the virus.

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Leah Rempher
Pharm. D.



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