

Fish Presentation  
 At Beadle



SUBMITTED PHOTO  
**Fish Biologist Jeff Powell from the Gavins Point Fish Hatchery visited Beadle Team First Grade to enrich our experience of reading the book *Animal Groups* by James Bruchac. He brought photos of all the fish and turtles at the hatchery. He brought fish eggs that were beginning to hatch. And he brought a real turtle to show to us.**

AAA Offers Tips For Making  
 Holiday Travel Easier And Safer

SIOUX FALLS — AAA projects the number of year-end holiday travelers will top 100 million for the first time on record.  
 According to Newsroom. AAA.com, nearly one in three Americans will take a trip this holiday season, with 100.5 million expected to journey 50 miles or more from home. This represents a 1.4 percent increase over last year and the seventh consecutive year of year-end holiday travel growth.  
 “Last year, about 275,000 South Dakotans traveled over the holidays,” said Marilyn Buskohl, spokeswoman for AAA South Dakota. “This year, a 1.4 percent increase would mean more than 278,800 of us will be driving or flying. The prospect of lower gasoline prices and better weather is apparently too much for many South Dakotans to resist.”  
**DRIVE TIPS — KNOW YOUR PRICES**  
 • South Dakota’s average for regular gas is \$1.975 today, but even cheaper prices are prevalent in many parts of the state. “Sioux Falls’ average today is just \$1.76,” Buskohl said.  
 • Most of South Dakota’s neighbors also have low statewide gas price averages but Wyoming is at \$2 today. The national average right now is \$1.998 and will likely continue to drift lower.  
 • Using current gas prices from AAA’s Fuel Gauge Report website and fuel economy ratings from EPA, the AAA Fuel Cost Calculator estimates the cost of gasoline needed to complete a specific drive trip. The free tool is available at AAA.com in the Fuel News & Tools section under “Newsroom” (at the bottom of the home page) along with tips on how to stretch your fuel dollars and check individual gasoline station prices using AAA’s Fuel Price Finder.  
**DRIVE TIPS — GET YOURSELF AND YOUR CAR READY**  
 • Top off all the vital fluids under the hood.  
 • Make sure tires have good tread and are properly inflated.  
 • Check the condition of windshield wipers.  
 • Carry emergency items

FLY TIPS — PLANNING IS THE KEY

• Get plenty of rest before your drive trip, eliminate distractions (such as texting on a cell phone) and buckle up.  
 • Drive refreshed. There is an average of one alcohol-impaired driving death every 53 minutes in the U.S. Download AAA’s original zero-proof “mocktail” drink recipes at AAA.com in the “Safety Brochures” section under “Newsroom.”  
 • Know where you’re going. Get maps and check the weather conditions in the areas you’ll be visiting.  
 • Check in online 24 hours (or earlier) prior to departure using the airline’s website to download boarding passes.  
 • Arrive at the airport early. “Normally we say arrive at the airport 60 minutes before your flight,” said Buskohl. “But over the holidays, we recommend 90 minutes, especially with the increased number of travelers expected and if you’re checking bags.”  
 • Know the 3-1-1 rule. 3 ounces, 1 quart, 1 bag. This is the Transportation Security Administration’s regulation for carry-on luggage. Liquids, gels and aerosols are permitted in 3-ounce containers, placed on the conveyor belt in a 1 quart-size, clear plastic, zip-top bag, 1 bag per traveler. Yogurts, pudding and other gel-like substances are not allowed. Notify a TSA office for larger quantities such as medications, baby formula and food. If in doubt, put liquids in your checked luggage.  
 • Investigate signing up for TSA Pre?® at TSA.gov. It will get you through security much more quickly.  
 • Wrap Christmas presents after you arrive at your destination. If the TSA can’t identify what it is in your wrapped gifts by X-ray, they will open them then and there.  
 • Expect delays — make sure you pack lots of patience — and bring a book.

USD Expert: Holiday Drinking  
 Spikes Heart Problems

SIOUX FALLS — Excessive alcohol consumption during the holidays, especially by occasional imbibers, sends a higher number of people to the hospital with heart trouble than any other time of year, a USD expert said of the condition known as “holiday heart syndrome.”  
 John Korkow, Ph.D., an instructor at the University of South Dakota’s Department of Addiction Studies, said hospital admissions for serious cardiac trouble immediately after the holidays can be double or even triple the normal rate because of excessive drinking. The reason: Heavy alcohol consumption can trigger severe heart rhythm disturbances that can cause stroke or heart failure. These heart disturbances can occur in drinkers who have no history of heart problems.  
 On the roads, 41 percent of fatal vehicle crashes are usually related to alcohol,

but that jumps to 57 percent this time of year, Korkow said.  
 “Over holidays like Christmas, people who aren’t normally drinkers are more likely to drink, and these people have less tolerance for alcohol and they don’t understand their limits. That puts them at risk for dangerous behaviors,” Korkow said.  
 He encourages people to pay attention to the size, potency and number of drinks they consume.

**THANK YOU**  
 We wish a heartfelt and sincere thank you to everyone for the many cards, flowers, gifts, dinner party, photo plaque from Trinity Lutheran, and our children’s help with input of photos and public ads in recognition of our 50th wedding anniversary.  
**Darrell and Martha June Sundleaf**

The Meaning Of  
 Christmas Revisited

BY DR. MIKE ROSMANN  
 Sponsored by Lewis & Clark Behavioral Health

In the fall of 1988, my sister-in-law, Maria, asked all the Rosmann family members to prepare a brief statement for the Christmas celebration to be held that year at the home she shared with her husband, Ron, and their three pre-teen boys. I grew up on the family farm where Ron and Maria live still.  
 Family members I miss were alive then—my mother and my brother, Larry, who despite his disabilities, taught many of us what is most important in life. Sadly, Dad had been gone almost a decade already.  
 Maria asked all the expected visitors to write or say something about what Christmas meant to each of us prior to our gift exchange. Her request prompted me to write from my heart, whereas before then I mostly wrote in the dry scholarly prose required for scientific articles, grant submissions to research foundations and patient reports. My graduate school professors made me set aside creative intuitions and feelings when writing, but Maria’s request reawakened them.  
 Here is an update of what I wrote in 1988 about the meaning of Christmas. I couldn’t accurately say what was most meaningful about Christmas then; I hope I am more capable now.  
 When the snow lightly settled on the silent countryside while my family journeyed to and from midnight church services, I felt a tingling in my heart. I thrilled at the midnight masses in our little German-Catholic community when the choir of mostly farm men and women, of which I was a part, broke into four-part harmony while singing Silent Night.  
 I felt a tear enter my eye and a chill down my spine when Marilyn sang O Holy Night in her rich soprano voice.  
 I remembered when Shelby, our first born child was just five days old for her first Christmas in the arms of her happy mother with proud Grandpa and Grandma Rosmann nearby. I felt I was the luckiest man in the world. How does one top those moments of ecstasy in determining what it is most important about Christmas?  
 Even after many days of contemplation back then, I still could not say with complete certainty what was most meaningful about Christmas. I had arrived at what I felt most deeply about Christmas though.  
 I truly loved getting up in the gray of dawn and brewing a steaming hot pot of coffee to sip while going about morning chores on our farm. Christmas morning stirred in me special affection for my cattle and prompted me to drop extra shovels of corn and layers of aromatic alfalfa bales into the bunks of the powerful herd bulls and gentle cows.  
 The rooster pheasants beating their wings and crowing to the harem of hens still in the spruce and pine windbreak as the eastern sky brightened told me this rich farmland produces bounty for wild and domestic alike. How fortunate we were to enjoy such luxury.  
 An hour later as I approached our farmhouse, chores completed, I could hear excited shouting through the lighted windows, the latched storm door and heavy wooden inside door, as the kids discovered unpredicted treasures in their Christmas stockings. They ran to the entryway when they heard me kick off my boots.  
 Jon hugged my coated waist, obliv-



Dr. Mike  
 ROSMANN

ous of the chaff brushing onto his pajamas, as he told me, “Thanks Dad” for the newfound Nintendo game and another box of shells for the shotgun he had received last year.  
 Shelby planted a shy adolescent kiss on my frosty cheek as she said “Thank you,” for the new hair dryer and sweater her mother had so thoughtfully remembered.  
 Then Marilyn hustled to the doorway and threw her arms around my neck as she said for the 16th consecutive year, “This is the best Christmas yet.” I forgot my inner debates about the meaning of Christmas and uttered an unspoken prayer of thanks to God as I hurriedly stripped off my heavy outer clothes to investigate what might be inside my long red stocking by the fireplace.

A few things have changed since the Christmas in 1988; my understanding of what is key has solidified.  
 Marilyn still throws her arms around my neck and says “This is the best Christmas yet.” My farm chores are making the coffee and feeding the kitties outside our back door each morning.  
 Instead of pheasants that awaken at daybreak in our grove, two great horned owls affirm their pair bonds each dawn and dusk, one in alto and the other in baritone. The pheasants hang out in our CRP land and seldom speak up loudly because of the predatory owls, except when bravado overwhelms the cocks’ caution during mating season.  
 I know now what makes Christmas meaningful is giving rather than receiving, humility rather than pride, and total commitment to “Not my will, but Thine” in all we do. Christmas is even dearer now.  
 Merry Christmas and Happy New Year.  
 Readers may contact Dr. Mike at www.agbehavioralhealth.com.

MMC Holds Pinning, Hooding Ceremony For MSN Grads



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