

## Yankton Daily Press & Dakotan

The Oldest Newspaper of the Dakotas

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## OBITUARIES

### David Bierle

SCOTLAND — Funeral services for David L. Bierle of Scotland will be held at 10:30 a.m. on Saturday, February 27 at Zion Lutheran Church in Scotland, with Rev. Jonathan Vehar and Rev. Leon Schulz officiating. Organist will be Dorothy Bietz with special music by the Zion Lutheran Men's Choir. Interment will follow in Rosehill Cemetery, Scotland.

Casketbearers are Paul Ellefson, Jeremiah "Jake" Varilek, Timothy Sternhagen, Mike Bierle, Jeff Bierle, Eric Bierle, Scott Bierle, Jason Vaith and Josh Vaith. Honorary casketbearers are Laura Arnett, Mark Ellefson, Mike Ellefson, Sara Ellefson, Alicia Clocksene, Ashley Sternhagen, Kelley Sternhagen and Allison Bierle.

Online condolences may be sent at [www.goglinfh.com](http://www.goglinfh.com). In lieu of flowers, the family prefers that memorials be directed to the Scotland Track Fund.

David Larry Bierle was born on Sunday, August 7, 1955 at Yankton, South Dakota to Larry and Marilyn (Orth) Bierle. He was baptized on October 2, 1955 and confirmed on November 15, 1970, both at Zion Lutheran Church in Scotland. Dave was the eldest of five children raised on the family farm southeast of Scotland and his boyhood was spent playing on the farm with his brother and sisters and his favorite dog, Tippy. He attended Plugraph Country School through the 8th grade, and graduated from Scotland High School in 1973. During high school, Dave competed in track, cross-country, football, basketball and baseball. He attended USD at Springfield and later began farming, taking over his grandfather's farm near Scotland. His love of sports continued throughout his life as he coached the Scotland baseball team for several years and later enjoyed following all of his niece's and nephew's sporting events. He kept a large garden on his farm and many of his fam-



David Bierle

ily and friends enjoyed the sweet corn that he shared with them every summer. He was known as a good cook and enjoyed canning his own produce. Dave also enjoyed playing on a pool league and helping each year with the Scotland Rodeo. He will be remembered lovingly by his friends and family for his generosity and big heart. Dave died on Thursday, February 25, 2010 in an accident near Scotland at the age of 54 years, 6 months, and 18 days.

Dave will be remembered forever by his mother, Marilyn Bierle of Scotland; three sisters: Diane Ellefson of Tea, Nancy (Steve) Sternhagen of Scotland, and Dawn (Brian) Vaith of Scotland; a brother, Dennis (JoAnn) Bierle of Omaha, Nebraska; seventeen nieces and nephews; and many aunts, uncles, cousins and friends.

In addition to his grandparents, Dave was preceded in death by his father, Larry Bierle, in 1996, and a nephew, Nick Vaith, in 1992.

Yankton Press & Dakotan  
February 27, 2010

Goglin  
Funeral Home  
Tyndall - Scotland - Tripp



www.goglinfh.com

### Debra Towns

OLIVET — Debra June "Debby" (Breeding) Towns, 53, of Olivet died Tuesday (Feb. 23, 2010) at the Scotland Good Samaritan Center, Scotland, after a battle with cancer.

Memorial services are at 10:30 a.m. Friday at Salem Reformed Church (707 South 5th Street), Menno, with the Rev. Michael Hecht officiating. Burial of her cremated remains will be in the Menno Cemetery.

Friends may call one hour prior to the service at the church. Aisenbrey-Opsahl-Kostel Memorial Chapel, Menno, is in charge of arrangements.

### Ruth Schanche

Ruth Schanche, 83, of Yankton, died Thursday (Feb. 25, 2010) at Avera McKennan Hospital, Sioux Falls.

Funeral services are at 11 a.m. Tuesday at United Church of Christ (Congregational) Church, Yankton, with the Revs. Joe Schulte and Paul Opsahl officiating. Burial will be in the Saron Cemetery, Midway.

Visitations is 4-8 p.m. Monday at Opsahl-Kostel Funeral Home & Crematory, Yankton, with a Scripture service at 7 p.m. Visitations will resume one hour prior to the service at the church.

## HEART

From Page 1A

difference during a person's life, she said.

"The whole idea is to become preventative," she said. "You identify risk factors and can act at an early time, not wait until you're 75."

The "Planet Heart" participants are given the folder with their results, Miller said. The individual is left to decide what course of action — if any — to pursue.

"We don't send the screening results to the doctor. We let you keep the file," she said. "We do encourage you to share the findings with your physician."

Planet Heart is not meant for people suffering immediate heart problems, Miller said. "If you have chest pains, get to a doctor right away," she said.

Miller explained the meaning of the Planet Heart levels.

"If you are under 100, you have mild plaque. If you have 100 to 400, there is a moderate amount of plaque and you might want to share the information with your family physician," she said.

"If you're over 400, you might like to make an appointment with a cardiologist. If you're over 1,000, you should get to the cardiologist."

The Woods said they were interested in the "Planet Heart" program from the outset.

"It's something that we wanted to do," Gary said. "Both of us have a family history of heart problems, so we thought it was important that we do something like this (heart screening)."

The Woods decided they wanted to enter the program as a couple and undergo the testing at the same time.

"We believe it's important that couples do this together," Gary said. "I think it's especially important for DeeDee, because women tend to watch out for others but don't necessarily take time for themselves."

For DeeDee, a recent loss brought home the importance of maintaining heart health.

"I was with a friend when he died of a heart attack — and he wasn't that old," she said.

As the first part of Planet



KELLY HERTZ/P&D

DeeDee and Gary Wood listen intently to Lisa Miller, supervisor of cardiopulmonary services at Avera Sacred Heart Hospital in Yankton. Planet Heart participants receive the educational sessions to help them determine their cardiac condition and learn healthy lifestyles.

Health, lead MRI/CT technician Marla Neukirch and technician Carol Cook positioned Gary and DeeDee as the Woods took turns going through the CT scanner. They held their arms away from their chests to provide an unobstructed view of the heart and arteries.

In an adjoining room, Neukirch observed the images. The CT scan doesn't require the injection of a dye to produce pictures.

"We take between 50 and 64 images from the front and side views," she said. "We get a cross section from throughout the coronary arteries and look for calcium or hard plaque."

However, the calcium deposits that are bad for the heart shouldn't be confused with the calcium found in milk that's good for you, Miller said.

"This isn't calcium like our bones or what you find in calcium tablets," she said. "It's hard plaque that forms and clogs the heart. It depends on things like your family history and lifestyle."

Preparing for the Planet Heart test requires four hours of fasting and no caffeine, Miller said.

"We don't want anything stimulating, like caffeine, or any eating and drinking that would affect blood sugar or cholesterol," she said. "We take into account that your blood pressure could be higher today because you're nervous."

After the CT scan, the Woods received an educational session.

They answered questions about their family histories and lifestyle factors such as diet and exercise.

Personality also plays a key role, Miller said. "The Type-A person is all stressed out and go-go-go. That type of personality is more at risk for heart disease," she said.

Planet Heart is recommended for anyone with a family history of heart disease, Miller said. The program also weighs factors such as high blood pressure, cholesterol, blood sugar, smoking, lack of exercise and diet.

"We look at your height and weight to determine your Body Mass Index (BMI)," she said. "We set a goal where you're comfortable, where you feel good and where you need to be."

Men have a recommended maximum waist size of 40 inches, while women should be no larger than 35 inches, Miller said. "That's because the middle pushes your weight up to your heart," she said.

The Woods also had blood samples drawn to determine blood sugar and cholesterol.

For their final session, the Woods met with hospital dietician Michelle Radack, who explained the differences between HDL, or good cholesterol; LDL, or bad cholesterol; and triglycerides.

"We can lower the LDL with diet and raise the HDL with activity," she said. "A healthy diet will also benefit the HDL."

A healthy diet includes fruits

and vegetables, lean protein and whole grains, Radack said. She recommended avoiding high-fat, high-sodium and high-sugar foods.

Omega 3, important for heart health, can be found in fish oils, Radack said. She recommended at least two servings of fish per week, particularly salmon, mackerel, sardines and albacore tuna.

"If you eat fish, you don't need the (fish oil) capsules," she said. "Omega 3 can also be found in walnuts and flax seed."

Fiber forms another important ingredient for good health, Radack said. For healthy fiber, eat three servings of fruits, three servings of vegetables and three servings of nuts, beans, lentils or grains a day, she said.

For sweets, she recommended fruit as a snack. Also, a handful of nuts will raise good cholesterol, she added.

Flavonols, important for heart health, can be found in berries, tea, dark chocolate and dark fruits and vegetables.

She also recommended skim or low-fat milk rather than the high-fat variety.

The method of food preparation can greatly affect nutrition, she said, encouraging the cooking in canola oil while avoiding trans-fatty acids and deep-fat frying.

Even healthy snacks like microwave popcorn can be loaded with butter and salt, she said.

Serving sizes can create problems, she said, recommending the cutting of portions in half.

On the other hand, the recommended number of daily servings for healthy foods is often easier to attain than people expect, she said.

Other healthy lifestyle factors include 30 minutes of exercise most days; stress management, such as walking or reading; no smoking; limiting caffeine and alcohol; and drinking plenty of water.

At the end of the session, Miller commended the Woods for their results. "Overall, you guys are doing great," she told the couple.

Gary admitted he was unsure of the outcome. "I was apprehensive, with our family histories," he said. DeeDee said she was also nervous but now glad that they took the test together.

"My mind is more at ease," she said. "It's important for couples to take care of each other."

## GOSS

From Page 1A

Goss was the keynote speaker during the Yankton Area Progressive Growth annual business meeting held at Minerva's Grill and Bar Friday.

Much of the fear is caused by what Goss calls "D.C. uncertainty," or an uncertainty about what actions government will take in the future. Among the "D.C. uncertainties" are health care reform; cap-and-trade legislation; cash for "clunkers," appliances and other products; and the possibility of

ending the 2001 and 2003 tax cuts.

If it was up to him, Goss said he would announce that the 2001 and 2003 tax cuts will stay in place, reduce government spending to less than 20 percent of the GDP, reject lifting the cap on taxable Social Security wages, stop artificially supporting the dollar and implement no more bailouts.

"If you want to buy a car, go buy a car because you need one, not because you're going to get a rebate from the government," he said.

Goss believes the United States should rely on a market-based economy rather than become too dependent on government intervention.

"Let's have a little faith in business and in America," he said. "Let's have a little faith in Americans rather than what I would say is too much government."

South Dakota entered a recession about a year after much of the rest of the country, but it is now losing jobs at a faster pace than the nation as a whole is losing jobs. Much of that has to do with a strong dollar, which hurts agricultural exports and farm income, Goss said.

"When you see a strong dollar, that's not good," he stated. "The dollar has rebounded like crazy, and it's hurting South Dakota."

Still, Goss expressed optimism.

"This economy is turning around," he said. "We will come out of the recession as long as we don't give up. The only thing that is going to push us back in is the government through uncertainty."

When asked by the audience for advice on how Yankton should focus its economic development efforts, Goss advised the community to look internationally.

"There are so many opportunities out there. I think that's where the action is," he said. "Europe is not where the action is. If you're going to expand, and you're a European company, you're going to look to the U.S. I think that is increasingly so."

## PHARO

From Page 1A

change to happen," he said.

Pharo explained this is due in large part to the multi-generational nature of most family farms. "It's hard to break away and do things differently from the way Dad and Grandpa always did it — especially if they're still alive and have active roles in the operation," he said.

But Pharo's philosophy, based on strict control of input expenses and production efficiencies, is gaining popularity among producers looking for ways to increase their profits during the lean times.

"I encourage you all to be herd quitters," Pharo said, explaining that it's often necessary to "break away from the herd" and do things differently in order to have a competitive advantage in the industry.

One of the chief rules Pharo

adheres to in his own operation is scaling down the size of his cows — which are cheaper to keep — and ruthless culling to establish a herd of top-producers only.

"We're all so hung up on weaning weights, everyone wants to wean a 600-pound calf," Pharo said. He added that huge cows might drop a bigger calf, but in terms of profitability, they require a lot more feed to maintain and aren't as efficient as their smaller counterparts.

"I get more total pounds of calves per breeding cycle with cows that have a 2-frame score than I did when I had 3- and 4-frame cows," he said.

But the crux of Pharo's operation and his reported success with consistent profitability rests on being completely forage-based.

"I want cows that support the ranch, not a ranch that supports my cows," he said.

Pharo grazes his herd year-round and has spent more than a decade developing a genetic line

that is highly productive under those conditions.

"Where I live, our average annual rainfall is 12 inches," he said, adding that he only feeds hay during extreme weather conditions.

Pharo, whose father was a city kid from Denver and later worked as a conservationist, says it's vital

that agriculture operations be sustainable.

"It's important to improve the quality of the land, but to truly be sustainable the operation has to be profitable ... and fun," he said.

Pharo Cattle Company has some of its top producing bulls on display at the Yankton Livestock Auction through today (Saturday).

**KYNT** Yankton's Home Team!  
AM 1450  
**MORNING COFFEE**  
WEEKDAYS 7:40 AM  
MONDAY-FRIDAY  
Monday, March 1  
County Commission 7:40  
Wednesday, March 3  
Heartland Humane Society 7:40  
Thursday, March 4  
CVB 7:40, Chamber 8:15  
Friday, March 5  
Yankton Economic Development 7:40

YOUR NEWS!  
The Press & Dakotan

MERLE NORMAN  
will be  
**CLOSED**  
Monday, March 1  
Tuesday, March 2  
to prepare for our  
**Store Liquidation Sale**  
See Tuesday's Press & Dakotan for more information!  
Active real estate listing until March 3, 8:00 AM.  
Contact Diane Tunge,  
Anderson Realty, LLC for information  
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www.yankton.net

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