

MIDWEST DIGEST

Woman In Neb. Flag Case Wants New Judge

OMAHA, Neb. (AP) — A woman charged with violating Nebraska's flag-desecration law outside a soldier's funeral wants her judge removed because he had belonged to a group that shields such funerals from protesters.

An attorney for Shirley Phelps-Roper said Friday that Douglas County Judge Lawrence Barrett has disclosed that he was involved at some point with the Patriot Guard Riders. The motorcycle group attends military funerals and attempts to minimize disruptions from protesters.

Phelps-Roper is a member of Westboro Baptist Church in Topeka, Kan., known for protesting at military funerals to express the belief that U.S. troop deaths are punishment for the nation's tolerance of homosexuality.

A phone message left for Barrett wasn't immediately returned Friday.

Experts Disagree In S.D. Murder Trial

LAKE ANDES (AP) — Experts who testified in the trial of a South Dakota woman accused of murdering her boyfriend disagree on whether she suffered from battered woman syndrome.

Thirty-seven-year-old Jennifer Ladd, of Rosebud, is on trial in the stabbing death of 43-year-old Louis Fast Horse at his cousin's home in Lake Andes a year ago. She testified this week that he had shoved her and that she feared for her life.

Vermillion psychologist Matt Stricherz testified for the defense that Ladd suffered from battered woman syndrome and post-traumatic stress disorder. University of British Columbia professor George Dutton, who testified for the prosecution, disputed that theory.

The defense rested its case Thursday afternoon. More rebuttal witnesses were expected to testify Friday.

S.D. Man Charged In Fatal Hummer Crash

HURON (AP) — A 19-year-old Wessington Springs man faces several charges in a December rollover crash that killed one person and injured two others.

Tanner Easton is charged with vehicular homicide and second-degree manslaughter in the death of 17-year-old Jasmyne Knipping, and two counts of vehicular battery in connection with injuries to two other passengers.

The four felonies are among 10 charges filed against Easton in the crash west of Alpena last Dec. 5. The others include drunken driving. Authorities say Easton was at the wheel of a Hummer sport utility vehicle when he failed to negotiate a sharp curve on a gravel road.

Beef Producers Talk About Their Importance

PIERRE (AP) — Beef producers will share information about the industry and its importance to South Dakota during next week's Beef Day at the state capitol.

Thursday's event is hosted by the South Dakota Cattlewomen. President Lisa Dorschner says agriculture contributes more than \$21 billion to the state's economy, and beef production is a large part of that.

Midwest Home Sales Figures Are Mixed

OMAHA, Neb. (AP) — The National Association of Realtors says January home sales in the Midwest plummeted 37 percent from December's figure, but sales were still up nearly 4 percent over the previous year.

There were 54,000 sales in the 11-state region last month, and the median sales price improved more than 2 percent, to \$162,700.

The Midwest sales figures were slightly weaker than the national ones. According to figures that are not seasonally adjusted, total home sales nationwide in January fell 33 percent compared with December totals, but they improved 7 percent on an annual basis. The median home price nationally gained nearly 3 percent, to \$212,000.

The Associated Press-Re/Max Monthly Housing Report shows annual sales fell in 11 of 12 major Midwestern cities.

School Officials Try To Correct False Story

BALTIMORE (AP) — School officials in Baltimore are trying to correct a story they spread earlier about a child accepting an unknown substance from a stranger at a Sioux Falls restaurant.

The incident blossomed into an exaggerated story on the Internet about the child receiving the illegal drug Ecstasy from someone at the restaurant. Police believe the "orange pill" was only a cough drop.

A school counselor who is a neighbor to the boy sent an e-mail to fellow staff members, naming the restaurant and making a reference to Ecstasy. A principal in Baltimore forwarded the counselor's message to other schools in the area, and the apparent false story spread from there.

School officials are now trying to use e-mail to set the story straight. Darrell Vander Esch, a partner at the restaurant, says he wishes "truth could move as fast as fiction."

■ Get Updates At Yankton Online (www.yankton.net)

**INCREASE AIRFLOW
AND CASH FLOW.**




SAVE UP TO 59% on heating and cooling costs with TRANE XLI systems.

- Residential & Commercial
- Reliable Home Comfort
- Energy Saving Systems

Expect more from your independent Trane dealer.

KAISER HEATING & COOLING
808 W. 23RD
665-2895
www.kaiserhvac.com


It's Hard To Stop A Trane!



Roses... Just Because!

A project to benefit:

Avera Sacred Heart Hospice Program

- Make a gift of roses to someone special in your life for no reason...Just Because!
- Or Purchase a dozen roses to donate to a: *Hospice Patient - Cancer Patient - Care Center Resident*
- One dozen long-stemmed roses for only \$20 to be picked up on April 6th at the Benedictine Center - 1000 W. 4th St.
- Variety of colors available - first come/first choice

Roses can be ordered at the following places in Yankton:
before Thursday, March 11th, 2010

Benedictine Health Foundation Office, 668-8310
Avera Sacred Heart Hospice Department, 668-8327
OR

Order online at www.averasacredheart.com
and click on "Roses...Just Because"

NEBRASKA BUDGET

Lawmakers May Need To Cut \$30M More

BY NATE JENKINS
Associated Press Writer

LINCOLN, Neb. — Just three months removed from a painful round of budget-cutting, Nebraska lawmakers will have to find another \$30 million, but a key senator thinks it can be done without hurting state services.

A state board whose estimates form the baseline for the state budget projected Friday that current-year revenues will be about \$40 million less than previously predicted. The board projected revenues next fiscal year, which

begin in July, will surpass a previous projection by about \$9 million.

The upward revision for next year foresees significantly less growth than what was modeled by two firms whose projections the board uses to set new revenue forecasts.

"I think the economy's going to be flat; I think our receipts are going to be relatively flat," said Steven Ferris of Lincoln, a member of the Nebraska Economic Forecasting Advisory Board.

The extent of the overall downward revision, approved

Friday, is close to what lawmakers expected. They have been looking for dollars to make the budget meet the new, official projections.

Roughly \$18 million to \$19 million in federal stimulus dollars could flow into state coffers.

In addition, "there's some different pots of money we could access" within state government, said Sen. Lavon Heidemann of Elk Creek. Heidemann, chairman of the budget-writing Appropriations Committee, says that means the roughly \$30 million could be found without cut-

ting state services.

In November, lawmakers reduced the two-year budget by \$334 million to address lower-than-expected revenue. Those budget cuts could mean layoffs, fewer health care services for poor children and the elderly, and higher tuition at the University of Nebraska, among other possible effects.

Gov. Dave Heineman said Friday that the forecast indicates the state has more challenging times ahead, and that it's clear "the Legislature needs to enact additional spending reductions."

ASK THE EXPERTS?

Family Medicine

Heart Health Month

February is almost over, but let us not miss the fact that it was heart health month. I suppose they picked February because we are all bloated from celebrating the holidays and thus put our heart and ultimately our lives at risk. Remember, we all have risk factors that put us at risk. Family history, obesity, high blood pressure, high cholesterol, diabetes, sedentary lifestyle are all factors that put our heart arteries at risk of slowly (but most assuredly) becoming blocked over time. When this happens there is a risk that the plaque buildup will rupture open, exposing the under surface of the plaque to blood. This then leads to clot formation in that artery and this leads to a heart attack. The damage that results will range from minimal heart damage to failure of the heart muscle and death. Please give your family and yourself a gift and see your Doctor to evaluate your risk and to discuss what you can do to minimize your risk of suffering from heart disease. We would be happy to see you at Lewis & Clark Family Medicine. 1101 Broadway, Suite 103A • Morgen Square Yankton, SD • (605) 260-2100



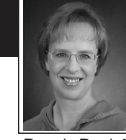
Jeffrey Johnson, M.D.

Pharmacy/Nutrition

How much fiber do I need each day?

The current recommendation for adults is to try to aim for 25-30 grams of fiber daily. For children ages 3-18, a good rule of thumb is their age "plus 5", so for a 5 year-old the goal would be 10 grams of fiber per day. Dietary fiber is also known as roughage or bulk and includes all parts of plant foods that your body cannot digest or absorb. There are two types of fiber we usually talk about; insoluble fiber and soluble fiber. Insoluble fiber is the type of fiber that increases the movement of material through your digestive system and increases stool bulk. Whole-wheat flour, wheat bran, nuts and many vegetables are good sources. Soluble fiber dissolves in liquid to form a gel-like material. It can help lower blood cholesterol, glucose levels and aid in weight loss. Oats, peas, beans, citrus fruits, apples, carrots, psyllium and barley are good sources. There are many foods in the grocery store that have added fiber and/or are promoted for their fiber content. When reading the Nutrition Facts label, look for foods that have at least 3 or more grams of fiber per serving. Keep in mind; it is important to increase your fiber gradually (sometimes several weeks) to allow your body to adjust.

Pharmacy 665-8261  EMPLOYEE OWNED
2100 Broadway, Yankton



Brenda Patzloff, RD, LN

Chiropractor

Does chiropractic help with sinus headaches?

During this cold and wet time of year, sinus congestion can affect many of us. This congestion can build to the point of creating a headache. Chiropractors often treat congestion headaches naturally and effectively. Through the use of the chiropractic adjustment, soft tissue and sinus stimulation and/or nutritional/herbal support, chiropractic helps many people achieve relief from congestion headaches. The causes for headaches are many and quite varied.

 **FIRST CHIROPRACTIC CENTER**
2507 Fox Run Parkway • Yankton, SD • 665-8073



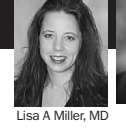
Dr. Tom Slotz

Surgery

I've been told I may have ulcerative colitis but I'm not sure what that means or how I find out for sure?

Ulcerative Colitis has been reported to affect up to 2 million people in the U.S. It is an inflammation for which there is no cure. The lining is always irritated and produces bleeding, diarrhea and sometimes a significant amount of pus and mucus. If left untreated it may even lead to colon or rectal cancer. Symptoms can include abdominal pain, bloating, weight loss, fatigue, constipation or diarrhea, rectal bleeding, or fever. The problem with diagnosing is that symptoms tend to come and go, sometimes even years in between flare ups. Diagnosis can be made with a colonoscopy and we would be happy to discuss your options with you.

 **Yankton Surgical Associates, PC** 409 Summit, Yankton, 668-9670
Kynan C. Trail, MD, FACS
Lisa Ann Miller, MD



Lisa A. Miller, MD



Kynan C. Trail, MD, FACS

Ear, Nose & Throat

Dr. Rumsey, I am having a terrible time understanding my spouse. It is really beginning to interfere with our relationship. I am tired of asking and she is tired of repeating herself. What can I do?

Sir, don't feel alone. I hear this all the time. Most of the time decreased hearing is to blame. Typically, trouble understanding conversation is the first sign of hearing loss. The sounds first affected are the sounds we need to separate sit from fit or time from dime. Unfortunately, this loss can really drive a wedge in our relationships. Couples have separate televisions in different rooms, struggle to communicate, and in some cases argue because they feel they are being ignored. The solution is easy. See an audiologist to have your hearing tested. I offer free consultations so you can come in and find out if you are not hearing or not listening to your spouse. We can help the not hearing but you are on your own with the not listening.

Jeffrey J. Liudahl, M.D.
Matthew Rumsey, Au.D., CCC-A
Professional Office Pavilion,
Suite 2800, 409 Summit, Yankton
665-6820 • 888-515-6820 • www.yanktonent.com

 **Avera**
Yankton Ear, Nose & Throat



Matthew Rumsey, Au.D., CCC-A

Fitness/Health

What do you consider a rest day? Is it a day without weights, cardio, or both? And why do I need a rest day?

Rest Days are an essential part of a successful exercise regime. It is these rest periods that allow your body to recover and repair from the moderate/vigorous activity you've completed. It is recommended that each major muscle group be strength trained every other day. You can do weights every day, but just alternate each day between upper and lower body for example or just do both together every other day. The rest day in between allows for the micro tears you've made in the muscle time to heal and grow. If you don't rest you'll find that you are much more sore, your risk for injury will rise and your progress will slow or stop.

As far as cardio goes you should take at least one day of rest per week. That rest day doesn't have to mean complete rest. It could mean a leisurely walk or bike ride, but a break from your moderate/vigorous exercise routine. Again, failing to do so can increase injury risk significantly because you are not allowing your body time to heal. To minimize overuse injuries, alternate your routine, try different modalities and most of all listen to your body! If you are experiencing pain, stop.

 **Avera**
Sacred Heart Wellness Center
501 Summit • 665-9006



Angie O'Connor, Clinical Exercise Specialist

Podiatry

Lately I've been reading that walking and even running barefoot might result in fewer foot, ankle and knee problems. Is this true?

Advocates of barefoot running contend that shoes increase the chance of injury. They also advocate less foot and ankle injuries in people wearing running shoes than in persons going barefoot. They contend there is less plantar fasciitis, knee problems, and other injuries. They argue that running shoes decrease sensory feedback, interfering with the body's natural shock absorbing tendencies. Barefoot running advocates believe shoes may actually decrease the runner's awareness of their foot and the foot's position, increasing the risk of injury. Dangers of running barefoot include the obvious; cuts, infections, stepping on nails and broken glass. And lets not forget the dangers of frostbite. I would ponder a guess that there are not many (out-door) barefoot runners in SD this winter!

I suggest you do some reading on the issue. Just Google Barefoot running. I would encourage you, however, to add the word "Podiatry" to your search, and read what the profession is saying. Runners World Magazine covered this topic recently as well. Weigh the pros and cons, and you will have to decide for yourself. Just be careful with what you read. There are a lot of people out there that are "fanatics" when it comes to running and promoting this movement of barefoot running. They will only look at research that promotes what they believe and not give a balanced two-way debate.

 **Yankton Foot and Ankle Center**
2nd Floor Rehabilitation & Wellness Institute,
501 Summit, Yankton • 668-8601



Terence Pedersen, D.P.M.

Urological

Does a vasectomy put me at a higher risk of getting prostate cancer and do you do these in your office?

Absolutely, no, a vasectomy does not put you at a higher risk for prostate cancer, heart disease, or Alzheimer's disease as some studies have suggested. It is by far the safest form of sterilization that there is and yes, we now do them in the privacy of our office. We try and do them on a Thursday or Friday afternoon so that you have the weekend to take it easy and be back to work by Monday.

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



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