



JOHN DAVIS/ABERDEEN AMERICAN NEWS  
**Josh Puppe, of Brookings, right, gets a leg hold on Yankton's Mason Strahl, left, during their 126 pound match Friday at the South Dakota Class A Wrestling Tournament at Wachs Arena in Aberdeen.**

# Bucks 18th After Day One At State 'A' Wrestling

ABERDEEN — The Yankton Bucks kept six of their eight wrestlers alive after Friday's opening day of the S.D. State Class A Wrestling Tournament in Aberdeen.

The Bucks sit 18th in the team race with 20.5 total points. Pierre is atop the standings with 84 points, followed by Huron (72) and Sturgis (68.5).

One of the biggest upsets of the day came at 145 pounds, where Yankton senior Logan Smith — a defending state champion — was pinned by Tyler Gee of Dell Rapids in the quarterfinals.

Also for the Bucks, James Hisek lost in the 160-pound quarterfinals. He then lost in the second round of wrestlingbacks to Adam Palmer of Brookings. In the second round of wrestlingbacks, Yankton's Spencer Huber lost at 106 pounds, C.J. Warren lost at 170 pounds, Thomas Kruse lost at 195 pounds

# Class B

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Logan Richie (14-1) and Tri-Valley's Dylan Eldeen (17-0). Bietz will face Howard's Luke Loudenberg (42-1), the top-rated wrestler in the class, in the semis.

Bon Homme's Duncan Stoebner went 1-2 and was eliminated.

113: Elk Point-Jefferson's Jared Hueser remained the lone area wrestler alive in the weight class, eliminating Bon Homme's Alex Caba in second-round wrestlingbacks. Caba finished 1-2.

Parkston's Austin Ripp went 0-2.

120: Beresford's Colby Schoellerman and KWLPG's Dylan Konechne each advanced to semifinals on opposite sides of the draw.

Schoellerman (31-6), who earned third period pins over Hill City's Marshall Swanson (5:46) and Parkston's Weslee Dvorak (5:11), will face Winner's Sid Bice in the semis. Konechne (40-6), winner over Webster's Austin Groust (9-0) and Flandreau's Jared Sutton (pin in 1:03), draws unbeaten Ryan Schuman of Tri-Valley.

Dvorak won two matches in wrestlingbacks to remain alive in the weight class.

126: Wagner's Tyler Dion (33-4), Beresford's Josh Manning (22-1) and Bon Homme's Lincoln Stoebner (33-9) each earned semifinal berths. Dion and Manning will face off, and Stoebner draws unbeaten Ben Gillette of Redfield.

Dion scored third period pins of Stanley County's Casey Heninger (5:26) and Parker's Dorian Verhey (4:52). Manning won by major decision over Groton's Darrick Lone (10-1) and Gettysburg's Truman Weyand (9-0). Stoebner won by decision over Bennett County's Sam Ireland (4-0) and Garretson's Colby Pierret (5-3).

Parkston's Cameron Fanning went 1-2 and Verhey went 0-2 in the tournament.

132: Parkston's Myles Bialas pinned Alcester-Hudson's Levi Merrick to advance to the semifinals. Bialas (34-12) had opened with a pin of Newell's Teigen Ward. Alcester-Hudson's Levi Merrick overcame a quarterfinal loss to stay alive in wrestlingbacks. Elk Point-Jefferson's Nick Weiss and Wagner's Miles Kreeger each went 0-2.

138: Alcester-Hudson's Lance Merrick (46-3) advanced to the semifinals, where he will face Howard's Evan Donahue. Merrick earned the spot with a pin of Brian Vermeulen of Plankinton-White Lake-Corsica in 5:08, and a major decision over Faulkton's Riley Potter (11-3).

Wagner's Austin Soukup and Bon Homme's Austin Kaul each remained alive in wrestlingbacks.

145: Parkston's Mitch Heisinger (29-12) and Wagner's David Kocer

Smith rebounded with a technical fall victory at 145 pounds in wrestlingbacks, while Casey Skillingstad defeated Rapid City Stevens' Garrett Peterson 3-1 at 132 pounds.

In action for other area teams, Dakota Valley sits 19th with 20 points and Vermillion in 20th place with 19 points.

Vermillion's Brett Bye defeated Rapid City Central's 8-3 in the 132-pound quarterfinals, advancing to today's (Saturday) semifinals. Also for the Tanagers, Brandon Steenholdt won at 113 pounds in wrestlingbacks, while Regan Bye also won at 138.

Dakota Valley's Taylor Lambert was beaten by Huron's Matt Halter, by major decision 15-6, at 220 pounds. Lambert rebounded to pin Sturgis' John Wilcox in the second round of wrestlingbacks.

Action continues today (Saturday) at Wachs Arena in Rapid City.

(43-2) each advanced to the semifinals, on opposite sides of the bracket.

Kocer, ranked first in the class, draws Canton's Logen Dolen (38-2) in one semifinal. Kocer advanced with a technical fall over Custer's Dylan Severyn (17-1) and a pin of Elk Point-Jefferson's Jared Limoges (2:46).

Heisinger, who faces Philip's Chandler Sudbeck (30-9) in the other semi, earned decisions over Newell's Seth McCann (7-6) and Flandreau's Jake Scofield (5-0).

Limoges and Marion-Freeman's Dylan Cotton each went 0-2.

152: Wagner's Alex Kocer (44-0) remained unbeaten on the season with pins of Howard's Donovan Kullnat (1:55) and Faulkton's Austin Thomas (2:59).

Darren Daum of KWLPG remained alive in wrestlingbacks. Beresford's Hesston Erickson went 0-2.

160: Wagner's Derek Dickerson (34-4) earned his way to the semifinals with a pin of Flandreau's Kyle Scofield (2:24) and a technical fall over Bennett County's Seth Ireland (18-2).

Beresford's Josh Casperson advanced in wrestlingbacks. Parkston's Miles Semmler and Bon Homme's Blase Vanecek each fell in second round wrestlingbacks.

170: Wagner's Trevor Lensing remained alive in wrestlingbacks.

182: Scotland senior Mitch Fuerst (23-17) earned his way to the final four with a 9-6 decision over Canton's Tanner Broughton, and a pin of Sioux Valley's Tyson DeGroot (4:59).

Parkston's Brady Reiff bounced back from a quarterfinal loss to stay alive, as did Marion-Freeman's Slade Mutchelknaus. The two will face off to begin action today.

195: Marion-Freeman senior Bryce Sayler (34-6) earned a semifinal berth with an 85-second pin of Scotland's Levi Geiman and a 60-second pin of Custer's Clay Seidler. Sayler now draws Britton-Hecla/Langford Area senior Jade Hoisington.

Beresford's Adam Ivarsen and Scotland's Levi Geiman each lost in second round wrestlingbacks. Parkston's Andrew Semmler went 0-2.

220: All three area wrestlers in the weight class — Parkston's Austin Bertram, Elk Point-Jefferson's Lukas Forsling and Wagner's Elijah Heth — were eliminated in second round wrestlingbacks.

285: Scotland freshman Dan Stibral made the most of his free pass. After Lemmon-McIntosh's Brody Peterson — Stibral's scheduled first round opponent and the second-ranked wrestler in the state — defaulted out of the tournament due to injury, Stibral earned a semifinal berth with a 4-1 decision over Redfield-Doland's Cody Fries. Stibral, now 35-9 on the season, draws Groton Area's Dalton Locke (36-11) in the semifinals.

Beresford's Ethan Sorensen was eliminated in second round wrestlingbacks.

# ASK THE EXPERTS

## Comfort Care

My name is Amy Brock, Volunteer Coordinator for Autumn Winds Comfort Care. In my position, I coordinate and supervise volunteer orientation and training, provide on-going support and continuing education opportunities to volunteers, assign volunteers to patients, and inform volunteers of changes of the patients' status.

The volunteer training program includes being familiar with the hospice's goals, maintaining confidentiality of the patient and family members, being familiar with the philosophy of hospice and awareness of grief, loss, and the stages of death and dying. The training also consists of ongoing in-services and attending community programs that fit within the hospice philosophy. Through this training volunteers will learn to communicate with patients and their family members in a helpful way.

Some of the responsibilities of a hospice volunteer are companionship, running errands, talking with family members, reading to the patient, and participating in several other activities that the hospice program provides. The volunteer may help to coordinate grief support groups and be involved in helping with the bereavement program in accordance to the hospice's policy.

*Autumn Winds*  
*Comfort Care*  
 605-689-0382 Yankton, SD

## Family Medicine

### Q What is low "T"?

**A.** Low "T" is usually meant to represent low testosterone. This can be a fairly common issue for men.

It is usually manifested in several symptoms that may or may not be noted by men. Common symptoms may be fatigue, loss of libido, depressed mood, increased body fat, decreased muscle mass, and decreased bone density leading to osteopenia or osteoporosis.

We can easily measure testosterone levels with a simple blood test. Treatment for low "T" can be done with either intramuscular monthly injections or topical application of testosterone gel. If you suffer from any of these issues you may want to consider being tested. We are happy to see you at LCFM. Call today for an appointment.



Jeffrey Johnson, M.D.



Brandi Pravacek, CNP L&C Specialty Hospital



1101 Broadway, Suite 103A  
 Morgen Square, Yankton, 260-2100

## Ear, Nose & Throat

**Q Dr. Rumsey, I haven't been sleeping very well for quite a while and noticed that the ringing in my ears has gotten worse. Is it possible that these two things are connected?**

**A.** Yes, there is likely a connection. Ringing in your ears (tinnitus) can be exacerbated by fatigue, stress and caffeine. If you are not getting enough sleep during the night, it may be important to find the source of your restlessness, in order to improve your sleeping and tinnitus. One potential cause of restlessness is called sleep apnea. A recent study suggests that people with sleep apnea may be at risk for sudden deafness. This study found that men who suffered from sudden deafness were 48% more likely to have a previous diagnosis of sleep apnea. There is speculation that inflammation and changes in blood vessels linked to sleep apnea could also contribute to the risk of sudden hearing loss. While this study doesn't prove a link between sleep apnea and sudden hearing loss, it does lead us to this new potential area of research. If you suspect that your difficulty sleeping is due to sleep apnea, you should consult an Ear, Nose & Throat doctor. If you would like more information regarding sudden hearing loss or sleep apnea feel free to contact my office at Avera Yankton Ear, Nose & Throat - (605) 665-6820.



Matthew Rumsey, Au.D. CCC-A

**Avera**  
 Yankton Ear, Nose & Throat

## Podiatry

### Q Cold Feet

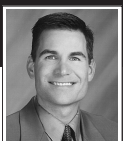
**A.** During the winter, many people complain of having cold feet.

Other people complain of having cold feet "even on the 4th of July!"

The causes of cold feet can be due to several different problems. Appearance of the feet can give a good indication as to circulatory problems. There are certain appearance changes to feet that would indicate a large vessel circulation problem versus small vessel circulation problems.

A good thorough physical examination of the feet and legs is performed first. The physical exam takes into account the physical appearance of the lower leg and feet to see if there are visible changes. Palpating the pulses is the physician's way of assessing that blood flow is present in the lower leg in feet. The use of handheld Doppler ultrasound can be useful in the office if pulses are not easily palpable.

Non-invasive vascular studies test the blood flow from the upper thigh to the toes of the foot. These tests help the physician evaluate wound healing potential. Other more invasive exams would include an MRA (magnetic resonance angiogram) or a CTA (computed tomography angiogram) and would involve getting an injection of contrast dye to allow the vessels to be imaged.



Terence Pedersen, D.P.M.



Scott Torness, D.P.M.

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

**Avera**  
 Foot and Ankle Clinic

## Orthopedics

**Q When should I worry about numbness in my hand and fingers?**



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

**A.** Just about everyone has "slept funny" on their arm waking with numbness and/or tingling in the hand and fingers. This is not abnormal if the numbness goes away within several minutes after changing positions or shaking the hand. Numbness and tingling that persists is abnormal.

If the symptoms are in the thumb, index or middle finger then Carpal Tunnel Syndrome is likely. If the little finger is numb then an Ulnar Nerve Compression is present. People should not ignore these symptoms as permanent nerve damage can occur.

Early treatment with splints, rest and anti-inflammatory medicines may solve the problem of these Nerve Compression Syndromes. Occasionally injections can help to decrease nerve inflammation. When conservative measures fail, a simple, minimally-invasive outpatient procedure can relieve the pressure on the pinched nerve and eliminate the numbness and tingling.

A good "rule of thumb" is to not ignore persistent numbness and tingling in your hands!

**ORTHOPEDIC**  
**INSTITUTE**

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

## Urological

### Did you know?



Walnuts can reduce the size of prostate tumors and slow their growth. They may also help reduce the risk of breast cancer and heart disease. Add a dozen or so to your diet 3 to 4 times a week.

When a man reaches 40 years, if his initial PSA is greater than 1.5 ng/ml, then this is the group of men that needs annual screening as they are at a higher risk of getting prostate cancer.

Erectile dysfunction is a strong predictor of the likelihood that men will develop and die from heart disease. Therefore if you start having trouble getting an erection, get your doctor to check out your heart status.

## Yankton Urological Surgery, Prof., L.L.C.

2009 Locust, Yankton • 689-1100

## Chiropractic

**Q Chiropractic approach to Patient Care**



Sheila Fitzgerald, DC

**A.** Whether or not you have pain, spinal care is essential to good health. Your chiropractor wants to know your health history so as to start with the right information to help you. Everyone is unique, and some cases are more straight forward than others. Your chiropractor may collaborate with other care providers or may recommend a specific direction of care for you. The main care we provide are adjustments. We also may use xray, MRI, blood tests, supports, exercise, nutrition, and other science as needed to address your care. The success of your outcome is important to us. Let us know how we can help you.

**first**  
**chiropractic**  
 CENTER

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

## Fitness/Health

**Q Is doing a cool down really as important as they say?**



Angie O'Connor  
 Clinical Exercise  
 Specialist

**A.** Yes, a cool down is very important. As a general rule it is the most important after you complete a vigorous workout. Stopping immediately after a hard workout can cause blood to pool in the legs taking it away from vital organs. This can cause you to pass out and even suffer cardiac arrhythmias. Cooling down doesn't have to be rocket science, just significantly slowing your pace for 5-10 minutes is generally sufficient. If you are running short on time you should cut the endurance portion of your cardio and not your warm-up or cool-down. They both should always be included. A good stretching routine is equally important so don't skip that either!

**Avera**  
 Sacred Heart  
 Wellness Center

501 Summit • 665-9006

## Pharmacy/Nutrition

**Q What is "the flu"?**

**A.** Influenza (the flu) is a contagious disease that is caused by the influenza virus. It attacks the nose, throat, and lungs, and is different from the common cold. The flu usually comes on suddenly and may include symptoms of fever, headache, tiredness, dry cough, sore throat, nasal congestion, and body aches. Differences between the flu and the common cold are outlined in the table below.

Symptoms	Flu	Cold
Fever	Characteristic, high (102-104°F), lasts 3-4 days	Rare
Headache	Prominent	Rare
General aches, pains	Usual, often severe	Slight
Fatigue, weakness	Can last up to 2-3 weeks	Quite mild
Extreme exhaustion	Early and prominent	Never
Stuffy Nose	Sometimes	Common
Sneezing	Sometimes	Unusual
Sore throat	Sometimes	Mild to moderate, hacking cough
Chest discomfort, cough	Common, can become severe	

Most people who get the flu recover in 1-2 weeks, but some people develop complications from the flu such as bacterial pneumonia, dehydration, and worsening of chronic medical conditions such as congestive heart failure, asthma, or diabetes. Children may develop ear infections or sinus problems.

10% to 20% of people in the United States will get the flu each year. About 20,000 people die from the flu each year in the United States, and 114,000 people are admitted to the hospital as a result of the flu.

Because influenza is caused by a virus, antibiotics like penicillin don't work to cure it. The best way to prevent the flu is to get a flu shot, or influenza vaccine, each fall before flu season. A yearly flu shot is recommended for people who are at increased risk for complications from the flu, but anyone who wants to lower their chances of getting the flu can get a flu shot. The peak of flu season in the United States is from late December to March, so the best time to get a flu shot is in late October or November.

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