

Visiting Hours

Tinnitus: Not Exactly Music To The Ears

BY MATTHEW D. RUMSEY, AU.D.
Avera Medical Group Ear, Nose & Throat Yankton

Most of us have probably experienced it—that annoying ringing, buzzing, humming or cricket chirping in our ears. In fact, in the United States, nearly 50 million adults suffer from this perception of sound called tinnitus. Tinnitus occurs when sound is perceived without an external source. Sometimes tinnitus is created in the middle ear, area right behind the eardrum, or somewhere else in the sensorineural auditory system. Some of the most common causes of tinnitus include noise exposure, aging, earwax impaction, head injuries, or even as a side effect to certain medications; however, several causes of tinnitus remain unknown. Frequently, tinnitus is associated with hearing loss. In other cases, sensitivity to loud sounds, called hyperacusis, may also coincide with tinnitus.

Regardless of the possible cause, tinnitus could potentially play a role in a person's sleep patterns, concentration, overall hearing performance, or even thoughts and emotions. For an individual experiencing tinnitus, he or she may appear annoyed or bothered. Some individuals may even find themselves depressed or angry because all that is focused on is the ringing in the ears. When tinnitus is in one of its more severe cases, it can result in sleep disturbance or even prevent a person from completing routine everyday tasks. In other cases, the perception of tinnitus could act as a masker to important environmental sounds or even speech.

At this time, there is no specific cure for tinnitus; however, as more and more research is completed, treatments have become available to help individuals adjust to their tinnitus.

Treatments for tinnitus tend to fall into two broad categories: counseling and sound therapy. Counseling can play a key role in learning how to cope with the disruptions tinnitus causes in daily life. Through counseling, individuals can learn to change their reactions and behaviors when tinnitus is present. Just like any other obstacle an individual may encounter, attitude matters and an effective support system can help manage life with tinnitus.

Sound therapy can be completed in a number of ways. As many tinnitus sufferers have reported, the presence of some form of surrounding environmental noise may reduce the perception of tinnitus. This can be accomplished by using objects you may already have in your home. These objects could include having a low level fan running, soft music playing, or even low level radio static. In other cases, using a wearable device could prove beneficial. These devices work by generating a "shh noise", music, or other sounds to attempt to mask the tinnitus. Using hearing aids has also been shown to improve overall communication, lessen the stress of exhaustive listening, and act as a masker for tinnitus. Different hearing aid companies have introduced tinnitus programs that can be built directly into the hearing aid to not only provide you amplification as needed but to also provide masking for the tinnitus. These are just some of the many options available in working to overcome the effects of tinnitus.

If you or someone you know are having difficulties with that bothersome ringing or buzzing, remember you are not alone. Call (605) 665-6820 to speak with the doctors at Avera Medical Group Ear, Nose & Throat Yankton for more information.

High Tunnel Workshop In Brookings

BROOKINGS — SDSU Extension will host a one-day high tunnel production workshop on Feb. 26 at McCrory Gardens Education and Visitors Center in Brookings.

The workshop agenda will include discussion on how to select the right high tunnel for your situation, soil and nutrient management in a high tunnel and insect pest and disease management. Speakers will include SDSU Extension Specialists and two experienced growers.

The workshop will be held from 8:30 a.m.-4 p.m. at McCrory Gardens Education and Visitors Center, 6 Street, Brookings. Registration includes lunch and refreshments. Space is limited and those planning to attend are encouraged to pre-register by Feb. 20.

To learn more, contact Geoffrey Njue, SDSU Extension, Specialty Crops Field Specialist, 605-782-3290, geoffrey.njue@sd-state.edu.

Taxes

From Page 1

and the first installment of taxes will be due May 1.

"There is no statute in South Dakota law that allows for the extension of the payment of property taxes," she stated.

Meanwhile, Commission Chairman Bruce Jensen said state auditors have been in the Yankton County Auditor's Office this week completing a financial overview.

"They are looking to see how things are budgeted and making sure things are paid," he said. "We need a snapshot of our finances so we know exactly where we are at."

It was revealed last week that the 2012 budget had not been closed out by the auditor's office and that 2013 budget documents had not been delivered to other county department heads as required by law.

Jensen said the commission has received no word from Jones regarding her future plans.

"We don't know what the status of Paula is, so we're looking at auditors from other counties who can assist with the day-to-day activities of her office," he stated. "We've got to cover our bases."

Between the Department of Revenue and assistance from another auditor, Jensen said the staff at the Yankton County Auditor's Office

Domestic Violence In Rural Areas

BY DR. MIKE ROSMANN

A recent report by the National Network to End Domestic Violence (NNEDV News for January 30, 2013 at: www.nnedv.org) indicated that in 2012 69% of 56 state and territorial domestic violence coalitions experienced cuts in funding, while 88% of these coalitions experienced increases in requests for services.

The failure of the U.S. House of Representatives to reauthorize the Violence Against Women Act is mostly responsible for the federal portion of the financial shortfall, but the NNEDV report also cited reductions in state funding and private contributions.

The report said the financial cuts place domestic violence victims in jeopardy. Lingering effects of the economic recession may have contributed to both the increase in need for services and the downturn in private contributions to domestic violence intervention programs.

Domestic violence in rural areas differs from urban areas. In August 2012, Minnesota Public Radio indicated that domestic assaults are reported about half as frequently in rural areas, but the actual incidence might be higher than in urban locations.

The Nebraska Domestic Violence Sexual Assault Coalition says domestic violence in rural areas is underreported because of fear of repercussions from the perpetrator, and sometimes from the local community if a "family secret" were to become public. They cite as additional reasons: inability to obtain transportation away from the scene of the violence, cell phone transmission problems in remote locations, lack of resources such as safe havens, and lack of knowledge of who to call for help.

Still other abused persons remain with their partner because they are financially dependent on that person, their religious beliefs or cultural expectations require submission or they feel an abusive partner is better than none.

Farm crisis telephone hotlines/helplines I have worked with report relationship problems as the most common reason farm resi-



Dr. Mike
ROSMANN

telephone.

Research studies indicate that 60-90% of the time the victims are female. Women are about two thirds more likely to be injured physically or killed than men.

Regardless of who initiates the violence, the male partner is much more likely than the female to be charged as the perpetrator and to be removed from the home. This is because males are usually physically stronger and more likely to commit harm.

In cases where it is dangerous for the victim to remain in the home, the woman and the children usually are protected by judicial restraining orders and offered shelter by domestic violence programs.

Partners in a healthy relationship can argue and resolve disagreements, but the dominant partner in an unhealthy relationship may demand compliance with his or her wishes and use intimidation to secure submission. An abused victim submits out of fear of doing anything that triggers the aggressor's anger.

That is why law enforcement officials and anyone dealing with domestic violence must be careful to learn the full story and protect any suspected victim. Perpetrators sometimes disregard restraining orders and surreptitiously stalk their victims.

Sometimes one person sets out to humiliate a partner by attacking that person so the individual reacts by doing something that can

dents contact the crisis services. During episodes of financial pressure, the volume of callers increases.

How is domestic violence defined? Domestic violence involves physical abuse and often a pattern of controlling behaviors that are directed by a spouse or relationship partner against the other person. It could entail withholding access to money, friends or the

be claimed is abusive and lose face when the incident becomes public knowledge.

Still other couples fight so they can experience the "thrill" of making up. They sometimes stay together even when legal interventions and counseling have been undertaken. The unhealthy relationship usually ends only when one partner has been jailed, injured or killed, or goes into permanent hiding.

Every domestic violence situation is different and physical separation of the partners is almost always necessary.

Long before a physical injury or death has occurred, the victim and sometimes the abuser, has already experienced psychological damage. It becomes harder to trust a partner. Small reminders of violence trigger anxious behaviors.

Children are also seriously impacted by witnessing parents participate in violence. Research shows children tend to copy their parents' behaviors when they deal with their own relationship conflicts. They might emulate either parent as a victim or perpetrator.

Help with domestic violence issues is available through at least two national telephone hotlines and websites: 1-800-799-SAFE (7233) or www.thehotline.org, which is the National Domestic Violence Hotline, and 1-800-621-HOPE (4673) or www.safehorizon.org. The SAFE website has a "quick escape" procedure for helping assure safety from surveillance.

Each state has a domestic violence coalition and a list of regional shelters and other resources that can be found by contacting the national hotlines or websites or by conducting an online search with the words "domestic violence" and the name of your state. Use a public computer so the identity of the user cannot be traced by a perpetrator.

Domestic violence is a case of "better safe than sorry."

Dr. Rosmann is a Harlan, Iowa farmer and psychologist who can be contacted at: www.agbehavioralhealth.com.

Sponsored By Lewis And Clark Behavioral Health



Mount Marty Practical Nursing Students are sworn in.



Mount Marty BSN nursing class of 2015 members are sworn in.

Mount Marty Recognizes New Nursing Students

The Mount Marty College Nursing Program hosted a Pledging Ceremony for its newly-admitted BSN Nursing Class of 2015 and Practical Nursing Class of 2013 on Jan. 28, 2013, in the Bishop Marty Chapel. BSN and Practical nursing students pledged their commitment to the nursing profession — a life of work and dedication.

This year's BSN nursing student pledges include: Zachary Bauman, Sioux Falls; Alexander Bayse, Polk City, Iowa; Tiffany Bergeson, Yankton; Amanda Bernard, Madison; Kristen Boyle, Norfolk, Neb.; Bryton Carlson, St. Michael, Minn.; Jillian Dickerson, Yankton; Sarah Donovan, Gretna, Neb.; Paul Foss, Yankton; Brittany Healy, Harrisburg; Samantha Huber, Sioux Falls; Angel Johnston, Wakonda; Sarah Kokesh, Wagner; Nick Kummer, Parkston; Ashle Lais, Yankton; Raegen Layher, Douglas, Wyo.; Megan Leader, Crofton, Neb.; Gina Ludens, Springfield; Sara Means, Granville, Iowa; Courtney Miller,

Mitchell; Lauren Orwig, Norfolk, Neb.; Ashley Riibe, Yankton; Carissa Scherschligt, Mitchell; Christin Slemp, Yankton; Kaitlyn Smelker, Stratton, Colo.; Jessica Tant, Volin; Kristie Tessmer, St. Michael, Minn.; Megan Turner, Sioux City, Iowa; Heather Weber, Watertown; and Rebecca Zimmerman, Utica, Neb..

Practical nursing student pledges include: Toni Haberman, Fordyce, Neb.; Laura Hays, Yankton; Ashleigh Koehler, Groton; Miranda Kuhl, Omaha, Neb.; Garrett Lohff, Yankton; Alexis Luger, Bloomfield, Neb.; Sherry Maddox, Yankton; Hillary Perez, Wagner; Dorothy Schumacher, Hudson; Andrea Van Osdel, Yankton; and Jeffrey Veen, Yankton.

The Pledging ceremony is one of commitment to uphold the standards of the nursing profession. It celebrated the beginning of each nursing student's career as a student and then as a professional nurse. During the ceremony, the MMC nursing faculty reviewed the respon-

sibilities professional nurses assume in their practice and the students took a vow indicating their dedication to the profession of nursing.

Dr. Joseph Benoit, MMC president, and faculty members of the Mount Marty College Nursing Program participated in the pledging ceremony. Dr. Benoit and Shelly Luger, Chair and Director, Division of Nursing, welcomed the BSN and Practical nursing students, family, and friends. Readings were provided by Katie Huff, Instructor of Nursing, and S. Sharon Ann Haas, Assistant Professor, while Instructor Carol Stewart presented both nursing classes. Sister Kathy Burt, Assistant Professor of Nursing, and Sister Corinne Lemmer, Professor of Nursing, anointed the students' hands as a symbol of their responsibility to use them conscientiously. Instructor Michelle Rohde led the students in a Nurses' Prayer before the ceremony concluded.

Yankton Transmission Specialists

- Transmissions • Drive Lines
- Transfer Cases • Differentials

2 Year / 24,000 Guarantee

2409 East Highway 50
(605) 665-1175

Join Me for a Classic Club Trip to Deadwood, SD

April 9th, 10th & 11th

Tour Includes:

- A Stay at the Mineral Palace
- Free Black Jack and Slot Tourney
- Tour of Spearfish Canyon
- And so Much More!!!

Lori Coffman

Call Teresa Kokesh at 665-9611 to reserve your seat

Photo courtesy of South Dakota Department of Tourism

Classic Club
FIRST NATIONAL BANK SOUTH DAKOTA

332 Broadway Street, Yankton | 665-9611 | www.fnbsd.com | Member FDIC

CHINA TOWN RESTAURANT
2007 Broadway, Yankton - 605-260-1688
Open 11am-3pm, 4pm-9pm

All You Can Eat Lunch Buffet \$5.99
11am-3pm

All You Can Eat Dinner Buffet \$7.45
4pm-9pm

All Day Dinner Buffet on Saturday & Sunday
Crab Legs & Sushi Every Night All Day on Weekends

Express Delivery Available
(City of Yankton) \$15 minimum for FREE Delivery

Lewis & Clark Theatre Co.

Theatrical Gala

"All the World's a Stage"

~2013~

Stars ...
Paula Deen & Sons
Whitney Houston
Dr. oz
Tom Jones
Carly Rae Jepsen
Pawnee Stars Guys
Patsy Cline
Johnny Cash
Bonnie Raitt
Justin Bieber

An Evening of amazing hors d'oeuvres, cash bar, live, silent, and dessert auctions.

SATURDAY, FEBRUARY 16TH

MINERVA'S
1607 E. Highway 50 - Yankton, S.D.

DOORS OPEN AT 6:00 P.M.

Back by popular demand...
Yankton's version of the David Letterman Show featuring Chris Hilson as David Letterman, with Mike Hilson as Paul Shaffer and the band Jay Gilbertson, Mark Johnson, and Tom Zoss Ted Powell on Piano with Scott Olson as Doc Severinsen All under the direction of Terry Winter.

Tickets maybe purchased (\$50) by contacting
Lewis & Clark Theatre Box Office or
Michele Leibfarth 605-661-0303

All proceeds from the Gala will benefit the Lewis & Clark Theatre Company