

## Core

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"I believe there are a few people trying to scare the public with information that is not entirely factual," he said. "I think the question we need to ask all people that criticize the standards, is if they have read the standards. Most of the time they have not read them, but believe the information they read on the Internet."

As an educator, Culver supports Common Core.

"I believe the Common Core state standards are good for our students," he said. "They will require the students being able to think critically and to apply what they have learned."

### LOCAL CONTROL

Gayville-Volin superintendent Jason Selchert said his district supported Common Core from the beginning and started teaching the standards two years ago.

However, he has heard the concerns that Common Core takes away local control.

"The misconception is that it dictates to the school how we teach material. To the contrary, it puts all who adopted the standards on a level playing field," he said.

"All teachers and local districts still have flexibility in determining how they want to introduce (content) and what materials will be used in the teaching process."

Selchert disputed the argument that Common Core represents a federal takeover of education.

"It is also a misconception that it was ramrodded through in the dark of night," he added.

Scotland superintendent Damon Alvey supports Common Core and sees the importance of standards. However, he believes schools need to make the final decisions on teaching those standards and the curriculum.

In terms of local control, Vermillion superintendent Mark Froke noted schools can go beyond the Common Core standards. "Actually, these standards are minimum guidelines. Teachers have flexibility to make adjustments to the curriculum and teach to higher levels," he said.

Froke favors shining more public light on the Common Core process.

"The proposed (state) legislation to study the Common Core standards may be a good idea to address any concerns that are out there," he said. "I think it's important that people feel confident about the standards as we move forward."

### PREPARING STUDENTS

Tripp-Delmont superintendent Lynn Vlasman believes the new standards should represent more than test scores. The standards should also produce students prepared for life after graduation, he said.

"Our district supports the concept that academic standards should be rigorous and prepare students to be successful, whether they go directly into the workforce after graduation or choose a path of post-secondary education," he said.

Complying with Common Core shouldn't be seen as an end in itself, Vlasman said. He sees the need for school districts to craft a curriculum that achieves local goals and objectives.

In the same manner, Menno superintendent Chris Christensen sees standards as necessary to make students competitive in today's society.

"Growing global competition makes it critical that students graduate high school ready for the challenges of college and careers in today's knowledge-based economy," he said.

In that respect, Christensen supports the Common Core standards. He sees them creating independent thinkers who can address real-world situations rather than rely on memorization geared toward tests.

Christensen believes the new standards meet college and workforce expectations for math, reading, and analyzing literature and information. Students will learn to construct arguments, critique others' reasoning and hone their own problem solving and communications skills, he said. "Through this solid mastery of skills, the standards will fuel an even stronger workforce for the state," he said.

Avon's Culver sees standards as especially important in a mobile society. "As freely as families move around our country today, it will be an advantage to have students that move in from other states to have followed the same standards in their state."

In that respect, Vermillion's Froke sees the standards as opening opportunities for developing textbooks, digital media and other teaching materials that can be shared across state lines.

Yankton's Kindle agreed that national consistency can benefit students who move from one state to another. However, he questions whether Common Core fairly compares local students with those globally. Area school officials said

their staffs have taken the state-sponsored training for Common Core.

Tripp-Delmont's Vlasman sees the training as providing a foundation.

"Both sets of standards have focused primarily on reading and mathematics," he said. "Every school district's curriculum is, of course, much broader than these two subject areas, but they are the building blocks."

Menno's Christensen foresees the new standards producing changes in the classroom.

"The Common Core standards will require some teachers to teach differently than in the past," he said. "Teachers will ask students to dig deeper into their thinking process."

### MEASURING THE RESULTS

A number of area educators are concerned about how the Common Core results will be used.

Yankton's Kindle wonders how the Common Core standards will align with the ACT entrance exam taken by college-bound students.

"The gold standard for college/technical school entrance and scholarship money is the ACT. We do not want to experience a decline in our ACT scores," he said. "Yankton High School students have outperformed the state and national averages in the ACT."

Kindle also expressed concerns about the Smarter Balanced Test, which Yankton students will take this spring in grades 3-5, 6-8, and 11.

"Parents will receive limited or no data for the Smarter Balanced Test," he said. "Students can only use the online version of the calculator, and all work is done online. I would have liked to see a statewide practice run to test the current infrastructure and multi-computer use."

Kindle also worries about the new models for evaluating teachers and principals.

"My concern is we not take away teacher creativity, experience, and the value of teacher and student relationships by putting our teachers into a 'one mold fits all' model of teaching," he said.

School districts can use their current evaluation tools, but they must also include elements required by the state Department of Education, Kindle said.

Scotland's Alvey also raised concerns about use of the results. "I hope the state (officials) will be open to discussions if those results are skewed," he said.

Alvey supports the South Dakota legislative bills creating a 25-member council that would evaluate the effectiveness of the math and language standards over the next two years. The bills also include a six-month wait time before evaluating future additions to Common Core.

"To me, these are good compromises to help educate folks and to keep patrons concerned with Common Core adoption in the loop," he said.

Tripp-Delmont's Vlasman also supports a reasonable amount of time spent assessing the standards' impact before making revisions or moving to different standards.

Gayville-Volin's Selchert raised fears about what lies ahead with Common Core.

"We embrace the framework, but our observation is that the Department of Education is dealing with way too many changes to effectively support all the training and questions that the Common Core poses," he said.

### DOING IT RIGHT

Anderson, serving the two Nebraska districts, opposes any effort to force or pressure schools to adopt certain standards from outside sources.

"Often times, items such as the Common Core philosophy are made mandatory for schools, and money is attached as an incentive to adopt and promote the concepts," he said.

At times, the incentive money is offset by the expenses incurred in adopting programs such as Common Core, he said. "All schools need money, but better means can certainly be attained in promoting quality education for our children without adopting materials to get that money," he said.

"Let us keep our control local and have some faith in the fact that our boards of education have the best interests of our children at heart."

Yankton's Kindle joined the call for continued local control.

"What we are doing in Yankton is working," he said. "We continue to look at ways to improve in Yankton and to provide the best education possible for our students. Teacher evaluation and how our teachers teach should be a local decision."

Kindle called for allowing the process to work rather than rushing to judgment.

"In addition to more time, we need adequate resources and training. The process needs to be slowed down," he said.

"Our community has a tradition of doing things right. This (Common Core) is exactly what the Yankton School District also wants to do well."

You can follow Randy Dockendorf on Twitter at [twitter.com/RDockendorf](https://twitter.com/RDockendorf). Discuss this story at [www.yankton.net/](http://www.yankton.net/).

# ASK THE EXPERTS

## Comfort Care

**Q** What are the benefits of hospice and palliative care?

**A.** Hospice care providers offer specialized knowledge and support at the end of life just as obstetricians and midwives provide support and expertise at the start of life. Hospice can reduce anxiety in both the patient and their family by helping them to make the most of their remaining time and achieve a level of acceptance. In addition to focusing on the physical health and comfort of a patient, hospice care also focuses on the emotional needs and spiritual well-being of the terminally ill and their loved ones. In-home care from a hospice team often means the patient receives greater monitoring than he or she would in a hospital.

Hospice neither hastens nor postpones dying. The aim is to improve the quality of remaining life so patients can enjoy time with family and friends and experience a natural, pain-free death. In some cases, hospice care can extend life. Research published in the Journal of Pain and Symptom Management found that terminally-ill patients who received hospice care lived longer than those who did not opt for hospice near the end of life. (Source: National Hospice and Palliative Care Organization) A patient can go on and off hospice care as needed-or if they change their mind and decide to return to curative treatment. They may enter the hospital for certain types of treatment if it involves improving their quality of life.

We have re-located to a new office. We hope this helps clarify that our Comfort Care business is provided in the setting necessary for the patient, and is separate from our Assisted Living. Come see us at our new location: Autumn Winds Comfort Care, 327 Broadway, Suite 1. Phone: 605-689-0382 or visit our website at [www.autumnwindshospice.com](http://www.autumnwindshospice.com). Colette Broekemeier, RN



Colette Broekemeier, RN  
Autumn Winds  
Comfort Care Administrator



Yankton, SD • 605-689-0382

## Family Medicine

**Q** What is atherosclerosis?

**A.** Atherosclerosis is the most common disease process in the United States. It leads to the number one killer of Americans and that is Heart Disease. Heart Disease, stroke, etc are all related to a common process and that is atherosclerosis. Atherosclerosis is the process by which the build up of cholesterol plaque occurs within and on the artery. Arteries take oxygenated blood away from the heart to the organs. If there is inflammation present in the artery this will cause oxidation. Just like a car rusts in exposed weather over time it is a very similar process that occurs in the artery. This causes inflammatory cells to engulf cholesterol and thus starting the process of atherosclerosis. Left over time to continue eventually the artery becomes blocked and the process of atherosclerosis has done its job.

Now there can be end organ damage due to decreased blood flow or the artery plaque can rupture causing a blood clot. If this occurs a stroke or heart attack will occur. Keep in mind that this process can occur anywhere in the body. If you have had a heart attack you are at risk for stroke because if you have atherosclerosis in the heart arteries you will also have it in the brain and anywhere else there are arteries.

If you have any questions on how we can help you lower your risk we are happy to see you at Lewis and Clark Family Medicine.



2525 Fox Run Pkwy., Lewis & Clark Medical Plaza, Yankton • 260-2100



Jeffrey Johnson, M.D.

## Ear, Nose & Throat

**Q** Dr. Rumsey, my ears ring constantly. Sometimes it's so bad I cannot fall asleep. Is there anything I can do?

**A.** Unfortunately, this is a problem shared by many. Recent research has shown nearly 50 million adults suffer from some form of tinnitus or ringing in the ears. Tinnitus is often a symptom of hearing loss or some degree of damage to the inner ear. Frequently, properly fit hearing aids equipped with tinnitus management technology ease the awareness of tinnitus. For individuals who are not hearing aid candidates, the Neuromonics Tinnitus treatment program has proven helpful. I recommend starting with a comprehensive evaluation to obtain baseline information and learn more about how to manage your tinnitus. Additionally, I encourage you to visit the American Tinnitus Association at [www.ATA.org](http://www.ATA.org). If you would like more information you can call me at (605) 655-1220.

David Wagner, M.D.

Matthew Rumsey, Au.D., CCC-A

Professional Office Pavilion,

Suite 2800, 409 Summit, Yankton

665-6820 • 888-515-6820 • [www.yanktonent.com](http://www.yanktonent.com)



Ear, Nose & Throat  
Yankton

## Podiatry

**Q** Is it true there is nothing that can be done for a broken toe?

**A.** Toe fractures are common injuries affecting all age groups. Most of them are treated conservatively without posing a problem; however, certain digital fractures require more extensive treatment, and if left untreated or treatment is delayed, it will lead to prolonged recovery time and make them more difficult to treat. The main concerns are loss of blood or nerve supply, displacement or separation of the fractured ends, dislocation, and a fracture within the joint.

So how do you treat a toe fracture? X-rays are usually taken within the office to assess the type and severity of the fracture. If there is some displacement or mal-alignment seen, the fracture is reduced in the office and splinted. If reduction is unsuccessful, then surgical intervention with screws or wires may be necessary to stabilize the fracture. This is especially important if this occurs in the big toe since it bears the most weight out of all the toes.

What are the consequences of delaying treatment? Some concerns are delayed or non-union of the fracture fragments, mal-alignment of the digit causing problems with shoe-gear or irritation against other digits, and arthritis if the fracture occurred within a joint. Early treatment is important in order to minimize these consequences as well as possible prevention of surgically removing or fusing the joint.

These brief answers to the above questions show it is important to have your toe evaluated if you believe it is broken. Also it is important to remember there is something that can be done for a broken toe.

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



Terence Pedersen, D.P.M.



Podiatry  
Yankton

## Dry Cleaning

**Q** What is dry cleaning?

**A.** Dry cleaning is a process which uses solvents to clean your clothing instead of water. There are many types of dry cleaning solvents. The machine which is used looks like a large front loading washing machine. Dry cleaning is a total immersion process. You cannot clean just the top or just the bottom of a garment. There are special detergents to aid with stain removal. Many types of spotting solutions are available to the dry cleaner to assist in stain removal. Sizing is also added to restore a crisp feel to the garments.

**VOGT'S**

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## Funeral & Cremation

**Q** I've never arranged a funeral before. What do I need to know?

**A.** At some time in our lives, most of us will make or assist in making funeral arrangements. This will not be an easy time, but we offer these tips for smart planning:

- Be an informed consumer and ask questions
- Choose an independent funeral home and a licensed funeral director
- Discuss all service and payment options during the funeral arrangements so there are no misunderstandings
- Be prepared and make decisions and organize details in advance of need
- Plan a personalized and meaningful ceremony to help you begin healing



Jim Goglin

*Legacy Affordable  
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## Chiropractic

**Q** Out with the old, in with the new, or do we keep both?

**A.** Traditionally, chiropractic care has been about wellness. Chiropractic uses adjustments to cause changes in the nervous system. Those changes stimulate a balance between too much and too little energy in the nervous system. These changes are typically noted by the patient and a relaxed yet, energized effect. Modern references to chiropractic care are about pain relief. Chiropractic adjustments for conditions of the musculoskeletal system relieve pain and help restore function. Studies show that chiropractic used for painful conditions has a great track record of helping the patient manage their condition better. Fortunately for the patient, the benefits of chiropractic care include both effects. As our own health care needs and goals evolve and change, chiropractic care has been and will be there to meet those changes. First Chiropractic Center looks forward to another 30 years of serving you!



Sheila Fitzgerald, DC



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

## Fitness/Health

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

**A.** 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.



501 Summit, Yankton • 665-9006

Sacred Heart  
Wellness Center



Angie O'Connor  
Clinical Exercise  
Specialist

## Pharmacy/Nutrition

**Q** What medicines may I take if I have a cold or cough and am pregnant or nursing?

**A.** The safest options for both mom and baby are non-drug options such as using a humidifier, drinking plenty of fluids to help thin mucus and using nasal saline for congestion. If these are not sufficient, some over-the-counter products are considered safe in pregnancy but have different safety warnings depending on the trimester.

**Antihistamines:** Chlorpheniramine has the best evidence for use in pregnancy, but loratadine (Claritin) and cetirizine (Zyrtec) are also safe in the 2nd or 3rd trimester. Breastfeeding mothers should take the antihistamine at night after the last feeding to minimize effects on baby. Antihistamines may reduce milk production.

**Decongestants:** Should be avoided in the first trimester, but offer a very low risk of causing problems during the remainder of the pregnancy. Some nasal decongestants, such as Afrin, may pose a risk to the fetus. Decongestants are likely safe in breast feeding, but they may cause irritability in the baby and also decrease milk production.

**Antitussives/Expectorants:** Guaifenesin and dextromethorphan are safe in pregnancy, but are not very effective. Products containing alcohol or codeine should be avoided during pregnancy and breastfeeding.

If at any time you have questions about which product is best to use in pregnancy/breastfeeding, please feel free to ask your Hy-Vee pharmacist.



Pharmacy • 665-8261

Shona Jussel  
Hy-Vee Pharmacist