

# Mike's Famous Bear Encounter

BY DR. MIKE ROSMANN

Recently I was invited to join a bear hunt/salmon fishing expedition to Alaska in late June. "Once-in-a-lifetime opportunity," I thought. That gave me an idea. "I think I'll write my next column about bears," I announced to Marilyn. "You're not going to tell that old Virginia bear story again, are you," she asked dryly.

"Why not," I intoned. "Millions of people haven't heard it before."

In June 1975, Marilyn and I decided to invite a fellow psychology professor at the University of Virginia and his family to join us on a weekend camping trip to the Shenandoah National Park.

They had never camped previously. They purchased a tent in preparation for the adventure.

We pitched our tents side-by-side in a designated camping spot among the sheltering trees. We were, ahem, "happy campers."

While enjoying the late afternoon sunshine and sipping drinks at our picnic table, we were disrupted when a middle-aged couple burst through the corridor of bushes and trees between our camp sites, yelling "Put your food away, a bear just stole our supper."

"He wasn't afraid. He tore open our coolers and is eating all our food. When he's done with ours he'll probably come over here," the excited pair exclaimed. "We're getting the ranger," they said as they headed in their car toward the Camp Entrance kiosk where we had paid our fees.

A few minutes later our frightened neighbors returned with a ranger. The ranger surveyed the mess the bear was making and announced, "I know that bear." "He's got a tag in his ear because we had to trap him twice before. We moved him a hundred miles away each time. This is the first time we've seen him this year. We took him to West Virginia last fall, but HE'S BACK."

The ranger turned on a siren and tossed fire crackers to scare the bear. With a few disgruntled huffs, the bear lumbered into the woods. The ranger announced, "I scared him enough that he shouldn't come back."

We visited with our unnerved neighbors for a while and gave them some of our food for supper. They returned to their camp and the evening seemed to settle down.

Minutes later our neighbors yelled again as they scrambled through the branches toward us. "The bear's back," they proclaimed. "We're summoning the ranger, and this time we want action!"

The ranger arrived shortly, siren blaring. Unstrapping his pistol, he charged toward the bear blasting shots into the darkening sky.

"He won't come back," the ranger proclaimed as the

bear retreated. "He shouldn't be hungry anymore; he had supper twice."

Just as the ranger turned toward his truck, our friends shouted, "There HE IS, right next to your tent!"

Grabbing two fist-sized rocks I stalked toward the big black beast, sitting on his haunches. Despite people yelling to not get too close, I edged toward the unafraid animal until I was 15 feet away and hurled a rock at the bear.

I was a former baseball pitcher in Little League who was known for throwing really hard. I also threw so wildly that opposing batters were usually scared into ducking, striking out or just waiting to get a walk to first base.

The rock hit the bear above his right eye. I didn't know a bear could move so quickly. He woofed and bolted, lightning-fast. For good measure I hit him on his rump with my second rock as he disappeared into the woods.

That night our friends slept in their vehicles with the windows up. Marilyn, our six-month-old daughter and I slept in our tent.

Next day we returned to Charlottesville. My university colleague pronounced he wouldn't camp again.

When I opened our newspaper the following Sunday, I noticed an article with the headline, "Intrepid Camper Drives Bear Away." I don't know how the story turned up in The Charlottesville Daily Progress, our local newspaper.

Besides reporting how an unnamed camper had driven a bear from the Shenandoah National Park camp grounds, it quoted a Park Ranger advising campers to not take such matters into their own hands.

In September another article appeared in the newspaper with the caption, "Troublesome Bear Relocated Again." The story was a follow-up to "Intrepid Camper" and noted the bear had refrained from visiting campgrounds until Labor Day.

With fall approaching, the bear needed to store fat for hibernation. He had worked up enough courage to raid campsites again. This time wildlife managers moved him to the Great Dismal Swamp in far southeastern Virginia, almost 300 miles from Shenandoah National Park.

Around Thanksgiving another newspaper story appeared with the sad headline, "Repeat Offender Bear Killed near Richmond." A 400 pound bear was found alongside the highway between Richmond and Charlottesville, mortally injured by a truck.

He was identified by his ear tag as the Shenandoah National Park nemesis. He was just 100 miles from his home.

Don't worry, I won't be throwing rocks at bears in Alaska.

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Dr. Mike ROSMANN

## Visiting Hours

# How To Avoid And Treat Frostbite

BY MARK DOOHEN, MD

Avera Sacred Heart Hospital ER Physician

With the cold weather we've been experiencing, it's important to realize that if proper precautions aren't taken, frostbite can occur anytime the temperature hits 32 degrees Fahrenheit or less.

Frostbite is a medical condition that can happen to anyone. Frostbite occurs when the skin or tissues under the skin freeze and cell damage is caused. Most commonly, frostbite will strike first in the extremities such as fingers, toes, ears, face and nose. These parts of the body typically have the poorest circulation and are most susceptible to frostbite. However, any part of the body exposed to freezing temperatures can experience frostbite.

As a natural reaction to cold temperatures, the blood vessels, especially in the extremities, constrict to prevent body heat loss. When these parts of the body lose that warming blood flow, the fluid inside the cells and tissues can freeze into ice crystals. As with any liquid, this fluid takes up more space in a frozen state than a liquid state and can cause the cells to rupture, sometimes causing permanent damage.

### COLD SKIN INJURIES:

- Frostnip - Localized tingling and burning with re-warming, not damaging
- Chilblain - Skin injury from exposure to cold (above freezing); red or purple, swollen
- Frostbite - Kills cells by freezing tissue, goes through different levels of tissue damage (similar to burns)

The good news about frostbite is that it is preventable with just a minimum amount of effort. Factors such as wind chill, alcohol consumption, length of exposure and being wet or damp can all contribute to frostbite. It's important to remember that the temperature to which the skin is exposed needs only to be 32 degrees for frostbite to occur. Although extreme cold is an obvious cause of frostbite cases, prolonged exposure to temperatures below 32 degrees can have the same effect. Wet, cold socks while hiking in the wintertime can cause frostbite in the toes. Wearing clothes that are too

heavy causing a person to perspire can also be a dangerous factor in frostbite - dampness and moisture are the enemy in cold temperatures. It's much better to wear several layers of clothes that can be removed or added as necessary.

### THE FOLLOWING ARE A FEW MORE TIPS TO AVOID FROSTBITE:

- If temperatures and windchills are extreme, stay inside.
- Protect the most vulnerable parts of your body. Wear mittens (much better than gloves) for your hands and fingers. Wear a stocking hat (or ski mask) for your head, face and ears. Wear a scarf to protect your neck and throat area.
- Proper footwear is especially important. Shoes and boots should be waterproof and not too tight. Boots with Gortex (or similar products) allow moisture vapor to exit while preventing liquid water from entering. With these boots, choice of socks is not as important, but if your footwear is waterproof but can't "breathe," use wool socks only.
- Thermal underwear is recommended.
- Avoid alcohol and tobacco use (Both, especially alcohol, seriously hamper the body's circulatory ability and change the perception of threat by frostbite)
- Be active to promote better circulation. Walk, stomp or jump around to keep blood flowing throughout entire body.
- Simply be aware of the conditions that can cause frostbite - extreme cold, wet clothes, high winds and poor circulation. Poor circulation can be caused or made worse by tight clothing or boots, cramped positions, fatigue, certain medications, smoking, alcohol use or diseases that affect the blood vessels such as diabetes.

### IF YOU OR SOMEONE YOU'RE WITH EXPERIENCES FROSTBITE, TAKE THE FOLLOWING ACTIONS:

- Shelter the victim from the cold and move the victim to a warmer place
- Remove any constricting jewelry and wet clothing
- Immerse the affected areas in warm (NOT HOT) water - or apply warm cloths to the affected areas for 20 to 30 minutes.

Keep circulating the water to aid the warming process. Burning pain, swelling and color changes may occur during warming. Warming is complete when the skin is soft and sensation returns, even if it is painful sensation

- Apply dry, sterile dressing to the frostbitten areas. Put dressings between frostbitten fingers or toes
- Move thawed areas as little as possible
- Prevent refreezing by wrapping the warmed areas
- If the frostbite is extensive, give warm drinks to the victim in order to replace lost fluids
- Seek medical treatment immediately if frostbite is anything more than superficial

### DO NOT:

- DO NOT thaw out a frostbitten area if it cannot be kept thawed. Refreezing may cause tissue damage even worse
- DO NOT use direct heat (such as radiator, campfire, heating pad or hair dryer applied directly to the frostbitten area). Direct heat can burn the tissues that are already damaged
- DO NOT rub or massage the affected area
- DO NOT disturb blisters on frostbitten skin
- DO NOT smoke or drink alcoholic beverages during recovery as both can interfere with blood circulation

### CALL IMMEDIATELY FOR EMERGENCY MEDICAL ASSISTANCE IF:

- There has been severe frostbite and feeling and color does not return after home treatment.
- Frostbite has occurred recently and new symptoms develop, such as fever, malaise, discoloration or drainage from the affected body part.
- Frostbite has occurred and symptoms of hypothermia are present.

Remember that if you have any doubt whatsoever, it's best to seek medical treatment from a trained health care professional. Better yet, avoid situations that can result in frostbite. Enjoy the winter season, but enjoy it in moderation and using all possible precautions for safety.

## SCHOLASTICS

### IOWA STATE UNIVERSITY

AMES, Iowa — More than 6,900 Iowa State University undergraduates have been recognized for outstanding academic achievement by being named to the 2013 fall semester Dean's List. Students named to the Dean's List must have earned a grade point average of at least 3.50 on a 4.00 scale while carrying a minimum of 12 credit hours of graded course work.

Area students listed below qualified for the Dean's List:

- Dakota Dunes — Anne Elizabeth Hartnett, Finance;
- Utica — Elizabeth Anne Hicks, Veterinary Medicine.

### GAYVILLE-VOLIN

The following Gayville-Volin Junior High and High School students were named to the High Achievement and Academic honors rolls for the fall 2013 semester.

Students and their parents were invited to a Recognition Ceremony to honor all of the outstanding junior high and high school students who achieved the Fall Semester Academic Honor Roll and/or Perfect Attendance Roll. The ceremony was held on Saturday, Jan. 25, in the G-V School Gym. Each student was presented with a certificate for his or her achievements. A reception with refreshments was held for students and their parents after the recognition ceremony.

High Academic Honor Roll (3.60 and above semester

GPA)

High School — Dagny Anderson, Shenona Banks, Stephen Bergeson, Matthew Buckman, Maren Buffington, Kourtney Christopherson, Genevieve Clark, Grace Dangel, Samuel Hanson, Alexis Heier, Luke Hummel, Viola Ishmael, Justin Logue, Miranda Mellegaard, Laura Nelson, Maddison Nelson, Rachel Pokorney, Grant Rice, Lisa Rolfs, Vanessa Ryken, David Sindermann, Alex Taggart, Brandon VanOsdal, Brook VanOsdal

Junior High School — Parker Bailey, Meghan Buckman, Sarah Buckman, Ashley Emmick, Tristan Gustad, Wyatt Jorgensen, Cameron Jueden, Abby Larson, Katie Lee, Steven Leggett, Heather Maier, Jenna Wilhelm

Academic Honor Roll (3.00-3.59 semester GPA)

High School — Zachary Anderson, Frank Cutts, Tara Doty, Bailey Gale, Nicole Guy, Shandra Hanson, Megan Hirsch, Jammie Hoffman, Traia Hubbard, Ralph Ishmael, DaNeila Jensen, Cassandra Lee, Chandler (CJ) Lee, Morgan Nielson, Hannah Rolfs

Junior High School, Elianna Clark, Jayden Engen, Chase Huether, Madisen Lee, Shelby Lindner, Taven McKee, Skyler Olson, Cade Rickford, Colbey Rickford, Destinee Riedel

Perfect Attendance Roll (no tardies or absences)

High School — Frank Cutts, Luke Hummel, Ralph Ishmael, Mi-

randa Mellegaard, Laura Nelson, Hannah Rolfs

Junior High School — Parker Bailey

### SAVANNAH CHAMBERS

LAWRENCE, Kan. — The University of Kansas recently announced its Dean's Honor Roll for the fall 2013 semester.

Savannah Chambers of Yankton was placed on the honor roll with a 3.75 GPA.

Savannah, the daughter of Wes and Tracy Chambers, is a 2013 graduate of Yankton High School is a chemical engineering major.

### NORTHERN STATE UNIVERSITY

ABERDEEN — Northern State University in Aberdeen has released the dean's list for the fall 2013 semester.

Students who have earned at least a 3.5 grade point average for the semester are eligible for the dean's list. There are four categories:

- Full-time students with a GPA of 3.5-3.99.
- Full-time students with a GPA of 4.0.
- Part-time students with a GPA of 3.5-3.99.
- Part-time students with a GPA of 4.0.

Students who achieved dean's list status and requested that their names be released to the media are listed below. Each category is

listed separately.

Area Part-time students 4.00:

- Platte — John Patzlaif

Area Full-time students 3.50-

3.99:

- Armour — Rubylin Schroeder, Donovan Soulek

- Beresford — Sophie Doeden

- Elk Point — Nicholas Murphy, Scott Shanks

- Geddes — Elizabeth Reddy

- Wagner — Devon Brecke

Area Full-time students 4.00:

- Beresford — Abigail Gylfe

- Lesterville — Kody Kyriess

- Tripp — Larissa Buchholz

- Yankton — Jena Nelson

### JULIE BOBZIN-CHADWICK

Kaplan University of Burlington, Iowa, announces a graduate of their fall semester.

Julie Bobzin-Chadwick graduated with a Bachelor of Science in Business Administration degree, Cum Laude.

Julie is the daughter of Bill and Jane Bobzin of Yankton.

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## PRESS&DAKOTAN

# 2014 Beautiful Baby Contest

We will be featuring our annual "Beautiful Baby Contest" in print and online on **Wednesday, February 26, 2014.**

If you or someone you know has a child we would love to include them in our feature!

To enter, simply submit your photo and entry form with a \$10 submission fee by **Monday, February 17.**

First place winners in the following categories will receive a framed winners print and prize.

1) Newborn-6 Months

2) 7-12 Months

3) 13-24 Months

4) 25 Months-4 Years

5) Multiple Births

<i>Beautiful Baby Contest</i>		Submit Entry To: Yankton Daily Press & Dakotan 319 Walnut Street, Yankton, SD 57078	Entry Deadline: <b>Mon., Feb. 17, 2014</b>
Category # _____	Age: _____	Date of Birth _____	
Child's Name _____			
Parents Name _____			
Address _____		Phone _____	
<small>Winners will be selected by the staff of Yankton Media Inc. Employees and family members of Yankton Media Inc. are ineligible to win. *Submission of this form authorizes the publication of child's photo in this contest in print and online at <a href="http://www.yankton.net">www.yankton.net</a>. Submission fee (\$10) must accompany entry form to be valid.</small>			