

VISITING HOURS:

Is Foot Pain Ruining Your Golf Swing?

BY TERENCE PEDERSEN
DPM, FACFAS
Avera Foot and Ankle Clinic



Pedersen

The barrier to a perfect golf swing could lie in your big toe, your heel or on the ball of your foot. These are the three areas of your feet most likely to cause pain that can ruin your golf swing.

Behind these pain-prone spots can lie stiff joints, stretched-out tissues and even nerve damage. But pain relief is possible and frequently does not require surgery.

The three most common painful foot conditions that can ruin your golf swing are heel pain, arthritis and pinched nerves.

- Arthritis can cause pain in the joint of your big toe that makes it difficult to follow-through on your golf swing.

- Heel pain typically results from an inflammation of the band of tissue that extends from your heel to the ball of your foot. People with this condition compare the pain to someone jabbing a knife in their heel. Heel pain can make it uncomfortable for golfers to maintain a solid stance during crucial portions of their golf swing.

- Neuromas are nerves that become thickened, enlarged and painful because they've been compressed or irritated. A neuroma in the ball of your foot can cause significant pain as your body transfers its weight from one foot to the other in a golf swing.

Several other painful conditions can also cause instability

during your swing. Some athletes and former athletes develop chronic ankle instability from previous ankle sprains that failed to heal properly. Motion-limiting arthritis and achilles tendonitis can also affect your balance. Ill-fitting golf shoes may cause corns and calluses that make standing uncomfortable.

For the majority of golfers and other patients, I recommend simple treatments such as custom orthotic devices (shoe inserts), stretching exercises, changes to your shoes, medications, braces or steroid injections and physical therapy. However, if these conservative measures fail to provide adequate relief, surgery may be required.

Foot pain is not normal. With the treatment options available to you, a pain-free golf swing is clearly in view. When your feet aren't in top condition, your golf swing won't be either.

Dr. Pedersen, Avera Foot and Ankle Clinic, is board certified by the American Board of Podiatric Surgery and is a Fellow of the American College of Foot and Ankle Surgeons.

This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.

Public Listening Session Planned By SDAS

South Dakota Advocacy Services (SDAS) will be hosting a Public Listening Session for individuals with disabilities, their families, professionals, and other interested persons. The purpose of the Public Listening Session is to afford citizens in South Dakota the opportunity to provide input to help SDAS develop the future direction of the agency and the component programs. Each program in SDAS has distinct priorities, goals and objectives that have been developed in response to federal statutes creating the programs.

A Public Listening Session will be held on Tuesday, August 3, 2010 at Cedar Village located at 3111 Shirley Bridge Ave. in Yankton. The listening session will be from 2-3 p.m.

If you are an individual with a disability, please note that

this Public Listening Session is being held in a physically accessible location. Any individuals attending the meeting who will require an accommodation for a disability, including sign language interpreters, in order to participate in the meeting, should submit a request to SDAS (ask for Sandy Stocklin Hook) at 1-800-658-4782. Please request accommodations no later than 10 days prior to the meeting in order to ensure accommodations are available.

If you cannot attend, you may send written suggestions or comments to South Dakota Advocacy Services, 221 S. Central Avenue, Pierre, SD 57501 or email us at sdas@sdadvocacy.com.

Please visit our website at www.sdadvocacy.com.

Ranae Wacker And Friends Art Exhibit Set

Northeast Nebraska RC&D is featuring the art work of Ranae Wacker, art instructor at Plainview Public School, and two of her 2010 graduate students during the month of July and the first part of August. Skylar Gobel and Sara Robinson are both planning on going to Wayne State this fall majoring in Art.

Ranae has been teaching kindergarten through 12th grade art in Plainview for 22 years and enjoys working with the children. She is also proud of the fact that over the years she has inspired some of her students to continue on with art after graduation from Plainview High.

Ranae plans to exhibit a

variety of projects, some from past years and some recent work. She works with both realistic and abstract subject matter.

The public is invited to meet the artists at an exhibit reception, which will be held on Tuesday, Aug. 3, 2010 from 5-7 p.m. at the northeast RC&D Office located in Plainview.

Visitors are welcome to stop in to see the exhibit anytime during regular office hours from 8 a.m.-4:30 p.m. Monday through Friday at the office located at 702 E. Park Ave. located on East Highway 20 in Plainview. For more information about this project or others contact the RC&D office at 402-582-4866.

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25th Wedding Anniversary
Robin and Jan Grossenburg of Yankton, SD celebrated their 25th wedding anniversary on July 27, 2010. Cards may be sent to 2214 Burleigh St., Yankton, SD 57078.
They have 2 children: Jeffrey will be a freshman at USD and Jenna a junior at YHS.
Mr. and Mrs. Robin Grossenburg

YOUR NEWS! THE PRESS & DAKOTAN

Growing Older? Continue To Make Memories

BY VAL FARMER

Life is short. Time flies by. How did we get to be so old so fast? How is it we still feel young when our wrinkles tell us that we are not? Now that the main goals of life have been accomplished - life becomes serious. An absolutely awful thought confronts us, "What do I do with my time now that I no longer have duties and obligations of child-rearing or the demands of a career to attend to?"

Make memories. That's it — make memories! Making memories lasts a lifetime. The responsibility of older age is to continue to make memories. It isn't something you out-grow or outlive. There is no resting on laurels or sitting back on a couch resting. There is work to be done - making more memories for ourselves and others.

Happy people have happy memories. You need to make personal memories for another time when the memories themselves will warm your soul.

Memories for yourselves. What is it in life you still want to experience? What are your goals? Bonds deepen when you do something novel and arousing with a friend, spouse or loved one. Is it going on a cruise? Going to a national park? Hawaii? Alaska? Going to concerts or the theater?

Is it reading a memorable book? Attending a sports contest? Listening to great music? Is it square dancing? Attending a gathering of cowboy poets? Or being a poet?

Is it pursuing a hobby that leaves a tangible memory of your artistic expression, handiwork or craftsmanship? Is it hosting memorable events in your home? Make memories to last a lifetime. How do you make memories that last? How do we keep from having one day blur into the next? What can we do that is memorable enough to be worth remembering?

Making memories takes work, imagination and creativity. It means focusing, planning ahead and making things happen. Don't be a grump, a stick-in-the-mud or stay glued to the TV.



VAL FARMER

with them. Find time to have them to yourself. Share your wisdom, values and your love. Let them get to know what it is like to have a grandparent adore them and make them feel special.

- Give good gifts. Give gifts that have meaning. Give away your treasures along with the stories that go with them. Don't wait until you're gone. Part with your collections and your memorabilia and you'll create a visual reminder of yourself and the relationship you had with them.

- Share your talents and interests. Teach them a skill from the kitchen or from the shop that they will use over a lifetime. They will always remember who taught them the skill that brings them so much joy and comfort.

- Give service to others. Be known for your generosity of spirit. You'll be remembered for your acts of loving service. People will remember you for your goodness and kindness. It is the consistency of daily acts of love and your character that make lasting memories.

- Relieve burdens. Take over for busy parents while they find a bit of time for themselves. Serve in your church. Help a friend. Help a stranger. Find a worthy cause. Your acts of service to others will leave a legacy of love more permanent than eulogies and inscriptions on stone.

Make memories that last beyond a lifetime. There is an expression, "If it isn't written, it didn't happen." I suppose in our day we could add photography, audio and video

recordings to that list. Part of making memories is literally making them. Don't depend on other people's memories to preserve your memory.

Tell stories of your lives. Tell of your trials and hardships. Tell of the time when you had to be courageous or strong. Tell of your special memories of those dear to you.

Scraps of paper and heirlooms don't do it. Tell the stories that go with them. Without stories, these things will be surely thrown out. If you are not too busy making memories for yourself or others, this project is worthy of your time and will preserve your memories.

Sorting through the memories of a lifetime brings its own peace and comfort. Don't be afraid of the emotional journey back through time. Your tears and your joy will educate you and your loved ones on what had meaning.

Your lives will reverberate through your posterity if you leave a record of who you were. Your stories need to be preserved. Write an autobiography. Keep a journal. Invite a child or grandchild to take your oral history. Don't be modest, shy or ashamed. Tell it as it is or was. Describe the events that changed your life.

For older couples in your retirement years, you have a special responsibility. Continue to make new memories, make lasting memories, or preserve your memories for succeeding generations.

This week we are making memories at a family reunion in St. Louis that will include all of our 21 grandchildren. Now matter how stressful or what happens this week, there is one thing we can count on, it will be memorable.

For more information on aging and retirement, you can visit Val Farmer's website at www.valfarmer.com.

Val Farmer is a clinical psychologist specializing in family business consultation and mediation with farm families. He lives in Wildwood, Missouri and can be contacted through his website.

This column is sponsored by Lewis & Clark Behavioral Health.

Elk Point And Jefferson Join Together To Support Elaine And Paul Peacock

On Sunday, August 15, the communities of Elk Point and Jefferson along with the Siouxland Federation of Square Dancers will be hosting a Fundraiser for Elaine and Paul Peacock. The fundraiser will be held at St. Peter's Community Hall in Jefferson, SD from 1 to 5 pm. An exciting day is planned with a freewill donation Pie and Ice Cream Social. Live entertainment will feature Ervin Pickhinkie "The Singing Farmer" of Sioux City, Iowa; Wayne Longtin Sr. Singer/Songwriter and member of the Sidetracks Band from Lemars, Iowa; the Kooli Family, of Inwood, Iowa whose harmony will amaze you; talented singer Sheldon, Iowa; pianist Wanda Jilderda from Elk Point; and Tom "Elvis" Mallally from Lemars, Iowa. A live auction and book sale will be held followed by square dancing. This is also a Thrivent sponsored event.

Elaine Peacock was diagnosed just before Christmas with

Stage 2 Breast Cancer through the Free Mammogram Program at June E. Nylen Cancer Center and she is very grateful to them for the program. She encourages you to get your mammogram. Early detection is the key and cancer found early is very treatable. Elaine, unfortunately, is without health insurance. Paul and Elaine are financially overwhelmed with the cost of her treatment. She has had surgery, and had 4-months of chemotherapy treatments; and, is now taking daily radiation treatments, which all leave her very tired! Elaine's sweet spirit and faith has never faltered. So her friends are rallying around her to help raise the money that is needed for her medical bills to make this easier than. Elaine thanks the Mercy Breast Care Center, Mercy Medical Center, Dr. Lawrence Volz, and Doctor Rao and Drs. and staff at June E. Nylen for their excellent care. She is also grateful to everyone for their prayers, cards, good wishes,

friendship and care. She says, "Without God, Paul, and you, I would not be doing as well as I am on this journey. Even in the difficult times of treatment, there are many blessings: growing closer to God, family, friends, new friends, sharing hope and faith and truly living one day at a time to name a few.

Elaine is a Siouxland and regional Gospel, Country and Patsy Cline singer and Square Dance Caller who has touched many hearts with her joy, music and ministry; and, is known for her benevolence in sharing her talent. She has recorded and released seven CD's - 3 Gospel, a Patsy Cline, Patriotic, Christmas, and Children's. The albums were produced by Dave Russell of North 40 Studios RR Sioux City (Patsy Cline); Gene Breedon of Nashville "Country Rose Praise", and the rest were produced by Dennis Morgan, Nashville Hall of Fame songwriter, who wrote "I Was Country When Country Wasn't Cool" and George Strait's

recent hit "River of Love". Elaine is a favorite at the country and gospel music festivals too. She was inducted into the National Traditional Country Music Hall of Fame in 2009 at LeMars IA and will be inducted into the South Dakota Country Music Hall of Fame in October 2010 in Sioux Falls SD. Visit her at www.elaine-peacock.com at www.facebook.com/elainepeacockbenefit and at www.caring-bridge.org/visit/elainepeacock. She would love to hear from you.

Mark August 15th on your calendar to support Elaine! We cannot wait to see you!!!! If you would like to donate items for the auction, or donate used books and VCR tapes and for more information contact Kerri Hebrink 712-204-2805 elainepeacockbenefit@live.com, Linda Donnelly 605-356-2853, or Elaine Roetman at 605-624-8291 droetman@msn.com. An "Elaine Peacock Benefit Fund" has also been set up at Bank 360, 117 W Main PO Box 220, Elk Point, SD 57025.

Volunteer's Conference Registration Begins

The Sioux Empire Directors of Volunteers in Agencies (DOVIA) will host the 3rd Annual South Dakota Statewide Volunteer Coordinator's Conference Sept. 17 in Sioux Falls. Registration is open to the public until Sept. 1.

The keynote speaker will be Margaret Sumption, of Sumption & Wyland, presenting Selling Up, Down & Sideways. Sumption will present strategies for volunteer managers to get a seat at the table as leaders assign resources for volunteer programs, build departments, include volunteers in work teams, and expand the capacity of volunteers through training and mentoring to successfully integrate them into the work teams they are assigned. The day will also include breakout sessions on compas-

sion fatigue, plus working with a variety of volunteers from all generations. The conference will close with motivational speaker Rachel Gage.

"Whether you are a non-profit, a church, a school, a civic club or a professional association, this conference will help you achieve your goals by helping you learn to be more effective in your volunteer management techniques" said Sara Carothers, the co-chair for the conference.

The conference will be 9 am to 3 pm on Sept. 17 at Sanford USD Medical Center. For more conference information, or to register for the conference, contact conference chair Sara Carothers at 605-274-1407.

YHS Marching Band Camp Set

Yankton High School marching band and color guard will begin marching band camp on Monday August 2. Scheduled from 8 a.m.-noon for all freshmen and new students and from 1-3 p.m. for all members of the marching band, the camp will run from August 2-6 and August 9-13.

Students should bring comfortable tennis shoes, water bottles and sun screen.

There are still a few openings in the marching band and they should contact Ted Powell at Yankton High School to receive music and additional information.

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