

VISITING HOURS

# Summer Exercise Starts With Healthy Feet

BY TERENCE PEDERSEN  
Avera Foot and Ankle Clinic

Summer is here! If you are determined to start an exercise program, train for that marathon you have always said you would do, or just want to take up walking, then it is time to get started.



Pedersen

What do all of the above mentioned activities have in common? Shoes!

Shoes can make or break your favorite physical activity and exercise program. They can be the difference between a successful marathon, and a miserable and painful summer of walking. With all of the different brands, styles and choices of shoes, it can be very confusing to decide which shoe is right for you.

Walking shoes are designed for low impact. They have a lower heel than running shoes. Running shoes, on the other hand, are built to accommodate high impact. These shoes usually have slight heel elevation, which will reduce stress on the Achilles tendon, but slightly reduce the lateral stability of the ankle. Running shoes also have a larger toe box, more shock absorption, and better pronation control than walking shoes.

Running shoes are fine for walking exercise, but it is recommended not to use a walking shoe for running. Probably a more important consideration is the condition of the shoe. Do not wear any shoes beyond their useful life.

Running and walking shoes have a usual life span of 300-600 miles. The soles will begin to wear out and "bevel." The beveling will cause strain in the foot and leg leading to injuries. Also, the glue in the shoe will harden over time, and cause loss of shock absorption. So even if you do not walk or run 300 miles in a year, it may be best to change your shoes according to time, rather than mileage. Change our shoes regularly, and use them only for your workouts.

So now you have some insights on what shoes are right for your specific activity. But what do you do if your shoes do not accommodate the arches of your feet comfortably? Perhaps you have a high arch foot, or your feet have no arches at all. Maybe you have some arthritis in your feet, making running or even walking painful. Many people benefit from the addition of an extra insole, or arch support, in their shoes. These "inserts" can be purchased over the counter, or even custom made. Not all inserts are alike, and need to be "custom fit" to your specific needs, just like your shoes.

Shoes should be purchased at the end of the day. This is when your feet may be just a little bit larger from swelling during the day. Always have your feet measured by a professional shoe salesman every time you buy shoes. Match the shoes to your activity. Shoes should be "sport specific." Inserts or arch supports should be just that: supportive. Firm arch supports will keep your foot stable. Soft insoles are not supportive, and can make a painful foot and ankle worse. Saving money on cheap or inappropriate shoes will cost you more in the long run through injuries. Get top quality shoes, and change them on a regular basis. Match your shoes to your activity for a healthy and safe summer!

So get out here this summer and stay active. Feet that are fit are feet that will keep you fit. Pay special attention to your footwear for an injury free summer. If you are having foot pain, and shoes and inserts are not helping resolve that pain, see your podiatrist right away. We can help identify and treat your foot pain and get you back to your game.

Dr. Terence Pedersen is a board certified Podiatric foot surgeon with the American Board of Podiatric Surgery (ABPS) and is a Fellow of The American College of Foot and Ankle Surgeons (FACFAS). He currently resides and practices in Yankton.

# Nebraska Levee-Watchers Keep Eye For Trouble Signs

BY GRANT SCHULTE  
Associated Press

UNION, Neb. — Crews along the Missouri River kept a cautious eye on Nebraska's man-made flood barriers Tuesday, with a focus on a lakeside community 25 miles south of Omaha where a levee recently broke.

Officials are most concerned about a levee break at Lake Waconda about 25 miles south of Omaha, said Mike Wight, an acting spokesman for the Nebraska Emergency Management Agency. Wight said crews are monitoring that levee and others for water seepage, boils, or any other structural trouble signs.

Wight said officials were urging the public not to walk on levees anywhere along the river, in case they fell or the flood barrier suddenly ruptured. Levee workers have seen only a scattering of onlookers climbing on top, he said.

"It's that one-in-a-million shot that we just don't want to take," Wight said. "I think that, generally speaking, we have just have to monitor the levees, along with the Corp of Engineers and everyone else involved. We need eyes on the levee to make sure we're not having issues."

Crews continued reinforcement work on the inner levee that protects the community along Lake Waconda. Dump trucks piled gravel on top of an erosion mat designed to strengthen the flood barrier. The Missouri River broke through an old agricultural levee that sits further from the houses and closer to the river.

Flooding remains a concern all along the river because of the massive water release by the U.S. Army Corps of Engineers from upstream reservoirs. The river

is expected to rise as much as 5 to 7 feet above flood stage in much of Nebraska and Iowa.

Lake Waconda includes 228 houses, 38 of which are full-time homes, said Cass County Emergency Management Director Bill Cover. Cover said the river level Tuesday in Plattsmouth, the nearest flood gauge, placed the Missouri River nearly 10 feet above the 26-foot flood stage.

Cover said the river pushed through an old agricultural levee that hadn't been maintained for decades.

Mary Goodell Roberts, a Papillion resident who owns a vacation home in the area, said crews were piling rock around the inner levee to reinforce it against the flood water. Residents have scattered as far as Arizona and Colorado, she said, with some renting apartments or living in trailers. One family parked an RV at a friend's farm.

"Everybody's still very concerned," Roberts said. "The hard part is not knowing how long the water's going to stay high, and how high. Like we've heard before, these levees were not designed to hold water for this long."

Heather McKinney and her husband, Jamie, evacuated their full-time home late last week for an already-planned family vacation to Colorado. Heather McKinney said the family moved all of their furniture to a storage unit on higher ground, not knowing when they might be able to return.

If they do, she said, the family will use lawn chairs and mattresses until the flood threat subsides. If it floods, the family may reconsider whether to stay in the house her in-laws had owned for 30 years.

# Suspect In Sioux Falls Killing Planned To Kill President Obama

SIoux FALLS (AP) — The man accused of killing a 75-year-old woman in her Sioux Falls home and then fleeing in her vehicle told authorities he was driving to Washington to try to kill President Barack Obama.

James McVay, who had been released from prison two days before the Saturday morning incident, told authorities after his arrest near Madison, Wis. that he planned to kill someone in Sioux Falls, steal their vehicle, and continue until he made it to Washington, D.C., the *Argus Leader* reported Tuesday.

"I'm going to kill and kill until I get him," McVay said, according to court documents.

McVay faces first-degree murder and burglary charges in the death of Maybelle Schein, who was found Saturday by her niece in her Sioux Falls home.

McVay, 41, had been released

from prison two days earlier. He was serving a five-year sentence for a grand theft conviction combined with a sentence for a 2009 escape attempt, corrections spokesman Michael Winder said.

On Thursday, McVay had been moved into a minimum security unit as part of a transition program for ex-inmates. The unit is outside the prison's perimeter fence.

The next day, he took off. Police used the OnStar tracking service in Schein's vehicle to locate McVay on Interstate 90 near Madison, Wis. McVay was arrested after a brief chase.

It was the second time McVay had fled the minimum-security unit after early release, officials said. McVay was first put into the unit in 2009, officials said.

He walked away from the minimum-security unit on May 16, 2009, department officials said.

Authorities in Nebraska found and arrested him shortly afterward on a separate offense, and he later served about two years in prison for theft by receiving stolen property, a spokesman for Nebraska's corrections department said.

After that sentence ended May 11, McVay was returned to the state prison in Sioux Falls. Less than two months later, he was back in the same minimum-security unit and escaped.

"When you put somebody at the community transition system, it's in lieu of having him in the community," said Laurie Feiler, deputy secretary of the corrections department, in an interview. "It's not in lieu of having him in prison."

Officials would not comment on McVay's disciplinary record or history in prison.

# Corps Of Engineers Seeking Land Along Missouri River

ST. JOSEPH, Mo. (AP) — The U.S. Army Corps of Engineers sent letters to landowners in Missouri and Iowa asking if they wanted to sell land in the Missouri River basin, where flooding began in May.

David Kolarik, a corps spokesman in Kansas City, said the timing of the letter was a coincidence, and a mistake. He also said most of the letters went out before the flooding started. But he said some of the letters were dated June 6, well after the flooding began.

The Missouri River has been flooding for weeks since the corps began releasing historic amounts of water to relieve bloated upstream reservoirs.

The corps said the proposal to buy the land had nothing to do with the flooding, and that it was seeking land to rebuild wildlife habitats.

Col. Tony Hoffman, commander of the corps' Kansas City district,

told The St. Joseph News-Press, however, that he regretted the timing of the letter.

"It is a staff misfunction on our part that the letter went out in an untimely fashion," Hoffman said. "It's not good that those letters went out when they did, and I take responsibility for that."

According to the letter, dated June 6, the corps has the "authority to acquire land" through the Water Resources Act of 1986. The act, which was expanded in 1999 by Congress, allows for the rebuilding of wildlife habitats along the river.

Bruce Biermann, owner of Biermann Farms and area director of the Missouri Association of Soil and Water Conservation Districts, believes the letter was ill-timed and insensitive.

"They just opened up another can of worms," said Biermann, who contacted legislators about the letter.

BIRTHS

SAMUEL ROSKELAND

Eric and Angela Roskeland of Battle Creek are pleased to announce the birth of their son, Samuel McElhn, born Friday, June 17, 2011, at 5:48 p.m. He weighed 7 pounds, 13 ounces. Samuel joins older siblings Madeleine, 14, Caleb, 12, Emma, 10, Lydia, 9, Hannah, 6, and Nathaniel, 11 months.



Roskeland

Grandparents are Ron and Barb Nielsen of Creighton, Neb., and Neil and Patricia Roskeland of Yankton. Great-grandmother is Dorothy Neuberger of Canistota.

BIRTHDAYS

PHYLLIS KAROLEVITZ

Phyllis Karolevitz is celebrating her 85th birthday, July 7. A luncheon with friends and a family dinner are being held in her honor this week in Yankton.



Karolevitz

NEWS AROUND THE CLOCK  
www.yankton.net

# FEMA To Continue Insurance Sales Amid Flood

SIoux FALLS (AP) — The Federal Emergency Management Agency says residents along the Missouri River should buy flood insurance now even though new policies likely won't cover losses from the floods that began in June.

South Dakota Sen. John Thune had asked FEMA to clarify how the National Flood Insurance Program applies to the current flooding along the Missouri.

In a response released by Thune Tuesday, FEMA Administrator Craig Fugate repeats a prior announcement that the agency considers the current flooding to have started June 1. But he says getting insurance now could protect residents if the current flooding causes problems after the policy becomes effective.

# Heavy Rain Hits Pierre-Fort Pierre, Aberdeen

PIERRE (AP) — Heavy rain overnight caused travel problems in the Pierre and Aberdeen areas.

State Transportation officials say east- and west-bound traffic on U.S. Highways 14 and 34 was detoured around Pierre-Fort Pierre, and motorists coming into Fort Pierre on U.S. Highway 83 experienced delays due to flooding on the highway through town.

Crews again had to pump rainwater away from levees protecting the cities from the flooding Missouri River. Officials tell KCCR the pumping effort continued Tuesday.

The National Weather Service says as much as 4.75 inches of rain was reported in the Aberdeen area, leading to street flooding north of the city.

# Car Crashes Into House During Police Chase

OMAHA, Neb. (AP) — Five people have been hurt after a car crashed into a house in Omaha and burst in flames during a police chase.

Omaha police say the chase started following a traffic stop Tuesday and ended when the car crashed into the house.

Police say two of the car's occupants had to be removed from the burning car. Four people had to be removed from the house, which suffered extensive damage.

One man in the house was treated at a hospital and released. All four of the car's occupants were admitted to the hospital for treatment of their injuries.

The driver, Raynard Bass, faces multiple traffic and drug charges. Two passengers, Lorenzo Hill and Isaiah Coston, are charged with obstructing a peace officer.

# Effort To Recall Huron Mayor Ends

HURON (AP) — An effort to recall Huron Mayor Dave McGirr has ended because petition circulators didn't collect enough valid signatures.

The Plainsman reports that city Finance Officer Paullyn Carey reported that 344 signatures were declared invalid, dropping the number of valid ones to 1,128 — 139 short of the number needed to prompt a recall election.

Opponents of the mayor believe former police chief Doug Schmitt had his rights violated when he was put on administrative leave following comments he made to a Legislature committee studying a bill dealing with illegal immigration. Schmitt ultimately retired.

# Crime Still A Problem In S.D. Neighborhood

SIoux FALLS (AP) — Statistics show that crime remains a problem for a Sioux Falls neighborhood where a man was killed recently, despite three years of revitalization efforts in Pettigrew Heights.

The *Argus Leader* reports that calls to police have risen slightly since 2008, the year the city renamed the area and began tearing down dilapidated rental properties. Calls peaked last year at about 5,500.

Police say crime hasn't risen in the neighborhood any faster than in other parts of the city, and St. Joseph Catholic Housing treasurer Mike Bannwarth says revitalization will take time. But The Rev. Tim Olsen of the Sioux Falls Seminary says crime has spiked in recent months.

## MAYBE IT'S TIME HE GOT HIS OWN PLACE.

You love your son — so of course, you let him move back in after college. But the months have turned into years... and the house is starting to get a little crowded. You can't even go to the kitchen in your bathrobe without running into his new girlfriend.

The First-Time Homebuyer Program can help him find participating lenders and interest rates that are among the lowest ever. He'll find his own place and start building equity — and you'll get your house back.

FirstHomeSouthDakota.com

605-773-3181 | sdhda.org | tty: 605-773-6107

## Brightway Electric LLC

Yankton

Locally owned \* Proudly Serving South Dakota and Nebraska.

Licensed \* Insured \* Warrantied Work

Residential \* Commercial \* Service

Let us "Brighten" your way! \*Bucket Truck Available\*

Mike Suing  
605-760-3505

Rod McNatt  
605-661-9594