

REGION DIGEST

Yankton Library To Host LAN Party

The ninth annual Yankton Computer LAN Party will be held July 10-11 at the Yankton Community Library, 515 Walnut. The 24-hour event begins at 5 p.m. July 10. Bring your computer down to the library and hook up to our gaming network. Other details are available at www.mhoc.net. For more information, contact David Koerner at milkman@mhoc.net.

Parts Of Cedar Street To Close Next Week

Cedar Street from 10th Street to 17th Street in Yankton will be closed due to construction starting the week of June 28. This project consists of street reconstruction and water main replacement. This area will be closed to through traffic during construction. The tentative completion date for this project is Aug. 15.

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MICHELS

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attended the University of South Dakota, earning degrees in nursing and health services administration. In 1985, he graduated from the USD School of Law. Following graduation, Michels went on active duty in the Navy and served as a federal prosecutor, international law attorney and medical legal counsel in the Republic of the Philippines. He was also stationed in Mayport, Fla., where he served as the head of command legal services, chief defense counsel and medical legal counsel at the naval station. In Mayport, he married fellow Pierre native Karen Lindbloom, who he met in nursing school back at USD. The couple returned to South Dakota in 1989.

"While it's great to experience new places and meet new people, I think our love and our roots and our need to be here was more important than a life in the military," Karen said.

"It's the intense love that we have as a community and it's what we experienced growing up. You know if you're going to break down in Eureka (S.D.), someone's going to take care of you," Matt added.

The Michels' only son, Collin, was in kindergarten when Matt's political career first began. While Matt did not win a seat in the House of Representatives in the first run, he tried again two years later and was successful.

He represented District 18 in the South Dakota House of Representatives from 1999 to 2006, serving as two years as Speaker Pro Tempore and four years as Speaker of the House. At the end of his term in 2006, which was also the start of Collin's high school career, the Michels' decided to take a break from politics. Matt did not seek reelection.

"Matt looked at running for (state) senate, but decided that those eight years had gone so fast. We wanted to just kind of slow down and enjoy the last couple years having Collin at home," Karen said. "It was the right move."

Karen hoped Matt, at some point, would get involved with politics again.

"He has a gift for it. It's something he has a passion for and loves to do," she said.

Even when Matt was in nursing school, Karen knew he had a passion for politics and public service, she added.

Collin, a sophomore Spanish and biology (pre-med) major at USD, has enjoyed being part of the family adventure.

"It's been a really great environment to grow up in," Collin said. "I think there's a lot of kids who just don't understand the political system and all the great people out there who do so many great things for the state. Being able to understand how politics works and getting to know these people on a personal level has been excellent."

Besides, Collin has already been involved in this year's campaign, from a musical perspective.

"The latest thing the Daugaard camp came up with is 'Drummers for Daugaard.' They have some people affiliated with their campaign play drums and I did, too," Collin said.

In addition to concentrating on politics, Matt is a partner in Michels & Associates, Prof. LLC., and works as a general counsel for Avera Health. Karen works as a para-professional at Beadle Elementary School.

Through the years, the couple has been involved in various school and community organizations. The couple enjoys bike riding, visiting Lewis and Clark Lake and travelling. One of the family's favorite vacations is biking the George S. Mickelson Trail in the Black Hills.

For now, the Michels are enjoying summer. Karen tends to her garden and flowers, while Collin works in Vermillion as a research assistant at USD. He is also working on his EMT certification.

Matt, meanwhile, is preparing for his acceptance of the lieutenant governor nomination speech, which he will give this weekend.

To prepare, he has reflected on his family and experiences in South Dakota.

"Part of my speech this week is about the fact that it's the love of the community and the love of people that hold the pieces together," Matt said. "It's not a government. It's not government that hugs or cries. It's people."

Sports and Recreation Equipment New Or Used Needed For Youth On Rosebud Reservation

Do you have any new or used sporting equipment stored in boxes in the garage, closets, or attic in your home that is taking up space and often times wonder what you are going to do with it?

The youth of the Rosebud Sioux Indian Reservation face poverty and despair the very moment they are born. The suicide rate is high and gang violence is on the increase.

The Rosebud Sioux Indian Reservation is made up of 20 communities. The four largest communities are Rosebud with 1,500 people, Mission with 900, Saint Francis and Parmelee each with 600 people. Many other communities such as Black Pipe, Bow Creek, Milk Camp, Ring Thunder, Swift Bear, Two Strike and Upper Cut Meat are so small that they are not even listed on the map.

Having a place for the youth on the Rosebud Reservation to play baseball, basketball, and other sporting activities isn't the immediate concern, however, restoration and development of playing fields and recreational areas may be a long-term program. The immediate concern is acquiring sporting equipment for the youth of the 20 communities on the Rosebud Reservation.

Don't worry if the sporting equipment is not in the best of shape. Baseball gloves can be repaired, baseball bats can be retaped, and ball can be repaired and inflated.

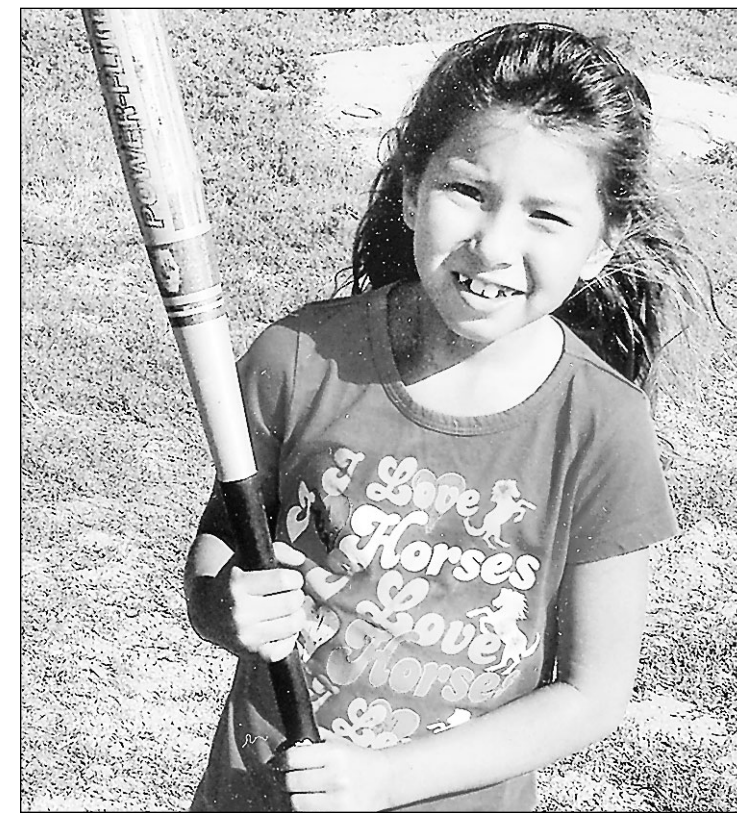
Robert Semrad, a member of the Hoffman-Townsend American Legion Post 74 in Brookings and

Russ Stubbles, SDSU Recreation and Parks Director along with the Rosebud Tribal Council have joined forces to create the Rosebud Activities Program (RAP) which is a long-term recreational program for youth. The programs are set up and are ready to go but they have no recreational equipment.

The following is a sample of the recreational items that are needed to support the program for the youth on the Rosebud Reservation: Baseballs, softball, baseball bats, baseball gloves, helmets, catchers gear, bases, baseball shoes, basketballs, soccer balls, kick balls, footballs, volleyballs and nets, tennis balls and racquets, golf clubs and golf balls, children's bowling balls, skateboards, knee and elbow pads, inline skates, ice skates, hockey sticks and pucks, badminton sets, Frisbees, canoes, bikes, trikes and fishing equipment.

The South Dakota American Legion Children and Youth as well as the Americanism Committees are supporting this program by assisting with the collection of the recreational sporting equipment. If you have new or used sporting or recreational equipment, please consider donating them for a very worthy cause so the youth on the Rosebud Sioux Indian Reservation can enjoy staying active by utilizing the baseball fields, basketball courts, and the other recreational areas.

During the month of April they collected more than 60 bikes, six sets of golf clubs, two basketball



COURTESY PHOTO

hoops several boxes of basketballs, footballs, baseballs, uniforms and various other equipment. Since the program started four years ago they have received almost 500 bikes and a dozens of sets of golf clubs.

They are working to get another shipment ready to go at the end of June. The Army National Guard is furnishing a truck that will haul collected equipment out to Winner

or Fort Thompson. Please contact Fran Johnson at (605) 668-0715 for more information about the program or to arrange for the pick-up of your recreational sporting equipment donation.

The youth on the Rosebud Sioux Indian Reservation will appreciate your donations to this very worthy program.

ASK THE EXPERTS?

Family Medicine

Q Do I really need to have a preventative health exam?

A You may be asking yourself that question. You may be saying to yourself "I feel fine". You probably do feel fine and in fact may be just fine. However, there are many disease processes that can go on for years without any sign of trouble. It's not until it becomes severe enough that you become ill or it is picked up incidentally while having lab work done for some other reason. Many times symptoms progress so slowly that you do not perceive the changes that are happening. Diabetes is one such example of a disease that can be present for years before it is discovered. High blood pressure, heart disease, and COPD are all examples of such conditions where damage starts and may go on for years before becoming manifest. Please, do yourself and your family a favor and make an appointment for a preventative exam soon. Most insurance companies will cover these types of visits. So dig out those insurance booklets and check, and schedule your check up soon. We will be happy to see you at Lewis & Clark Family Medicine at your convenience.

1101 Broadway, Suite 103A
Morgan Square, Yankton, 260-2100

JEFFREY JOHNSON, M.D.

Pharmacy/Nutrition

Q I have a friend who just found out she has Celiac Disease.

A As a dietitian for Hy-Vee, I see many people diagnosed with this condition. It is estimated that 1 in 130 people - men, women and children - have celiac disease. Celiac disease is caused by an immune mediated reaction to gluten, a protein found in wheat, barley, rye and oats, yet it can be treated very successfully by excluding from the diet foods with these grains. The disease can lead to far more serious conditions such as osteoporosis, infertility and gastrointestinal cancer if left untreated. The symptoms are very individualized, but can include tiredness, anemia, diarrhea, abdominal discomfort, weight loss, vomiting, and mouth ulcers. Celiac disease in children can result in stunted growth and has a significant impact on a child's overall development.

To diagnose celiac disease, doctors perform blood tests. If blood tests and symptoms suggest celiac disease, a biopsy of the small intestine is performed to confirm the diagnosis.

Before being tested, it is important that a patient should continue to eat a diet that includes foods with gluten, such as breads and pastas. If a person stops eating foods with gluten before being tested, the results may be negative for celiac disease even if the disease is present.

Once positively diagnosed, a diet free of wheat, barley, rye and oats will alleviate the symptoms, usually within weeks, and will help prevent the onset of related illnesses.

As always, see your doctor if you have symptoms and before making any changes in your diet.

For more information visit the CSA website at www.csaceliacs.org or The Celiac Disease Foundation at www.celiac.org.

Pharmacy 665-8261

EMPLOYEE OWNED

Ear, Nose & Throat

Q Dr. Rumsey for the past week I have been having terrible dizziness for 30 to 40 seconds in the morning when I get up or whenever I look up at something. What can I do?

A What you are describing sounds like Benign Paroxysmal Positional Vertigo or BPPV. BPPV is one of the most common causes of dizziness. It causes short episodes of severe spinning. People often notice it in the morning when getting out of bed or if they tilt their head back to look at something above them. Currently there are no known precautions to prevent BPPV. Studies suggest half of the population will suffer from it sometime in life. Fortunately, diagnosis is easy and treatment is very effective. Always see a physician when suffering from any type of dizziness, imbalance, or lightheadedness as it is never anything to be taken lightly. Avera Yankton Ear, Nose & Throat is providing specialized testing for this and many other balance disorders. If you have questions regarding BPPV or are suffering from dizziness and imbalance contact us at 665-6820.

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Avera Yankton Ear, Nose & Throat

Fitness/Health

Q Is it safe to exercise in the heat?

A Now that Summer has arrived and everyone wants to enjoy the outdoors it is important to know how to keep yourself safe from heat injury. According to the American Council on Exercise there are five basic tips for keeping yourself healthy in the heat. 1. Staying hydrated is number one! You should drink plenty of water at least thirty minutes prior to your workout (stop just before you begin feeling bloated) and then six ounces every 20-minutes during your workout. Workouts over an hour may require sports drinks such as Gatorade to help maintain your electrolytes. You should continue drinking after your routine as well even after your thirst desire fades. 2. Acclimate to the heat for 10-14 days. 3. During your acclimatory period decrease the level of your workouts. 4. Never wear clothing that doesn't allow sweat to evaporate from your skin (rubber sweat suits for example). 5. If the temperature is above 90 and the relative humidity is above 80, avoid exercising outside.

As a general rule, drink up, slow down and have fun!

Angie O'Connor
Clinical Exercise Specialist

Avera Sacred Heart Wellness Center
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Podiatry

Q Why do I have heel pain on the back and on the bottom of my heel?

A While most heel pain is still a result of a biomechanical condition or predisposition in the foot, guidelines have been expanded to help podiatrists distinguish cases that are more neurological, traumatic or arthritic in nature and require more specialized care. A thorough assessment is key to proper diagnosis and treatment.

The most common diagnosis related to heel pain remains plantar fasciitis, a condition caused by chronic inflammation of the connective tissue extending from the heel to the toes, but heel pain can also be a result from other conditions such as a Haglund's deformity, which is a bony enlargement on the back of heel which can cause the soft tissue near the Achilles tendon to become irritated when it rubs against shoes.

Bursitis, which is inflammation of the bursa, can also be a result of abnormal heel bone shape, often caused by the rubbing of a Haglund's deformity against a shoe.

In most cases, these forms of heel pain can be treated with anti-inflammatory medications, padding and strappings, shoe modifications, physical therapy, cortisone injections, and surgery. The vast majority of patients with these types of heel pain improve without surgery, but early intervention is critical for optimal success. If improvement occurs, the guideline specifies that initial therapy should continue until the pain is resolved. But if no relief is experienced, the patient should receive special tests to further evaluate the heel, and to rule out other conditions such as circulation problems, arthritis, neurological conditions or stress fractures.

Yankton Foot and Ankle Center
Avera

2nd Floor Rehabilitation & Wellness Institute,
501 Summit, Yankton • 668-8601

Surgery

Q How do I know if my varicose veins are causing the achiness and pain in my legs? What treatments are available?

A Are you on your feet all day? Do you experience discomfort, leg pain and swelling? Do you have discoloration in the skin around your ankles? You may have problems with circulation in your legs. The underlying cause of many of the problems that cause the heavy, achy legs can be diagnosed in our office. There are multiple treatment options. These procedures are minimally invasive outpatient therapies that allow for a fast and mild recovery and are covered by most insurance and Medicare plans.

If you would like more information on the various therapeutic options, make plans to attend our FREE varicose vein screening that will be held on July 15 from 5:00pm to 7:00pm at Lewis & Clark Specialty Hospital. Appointments are necessary and can be made by calling our office at 605-668-9670.

Lisa A Miller, MD
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