

### Mooney To Serve On SDSU Trustees Council

The South Dakota State University Foundation has added Marc Mooney of Yankton to serve on its Council of Trustees. Mooney is Senior Vice President at First Dakota National Bank. He is a 1992 graduate of SDSU.

Mooney is currently Vice Chair of the SDSU Alumni Association's Board of Directors. In that capacity, he becomes a member of the Foundation's Council of Trustees.

The Trustees are the volunteer leadership for the Foundation, which is currently in a \$200 million comprehensive campaign - It Starts with STATE: A Campaign for South Dakota State University. The campaign has received nearly \$158 million in gifts and commitment through the first 4 years. The campaign is scheduled to conclude Dec. 31, 2012.

### Swensen Promoted At First Dakota Bank

Dennis Everson, First Dakota National Bank Director of Branch Administration, announces the promotion of Sandy Swensen to Director of Teller Operations. Swensen has been part of the First Dakota team for 16 years.



Swensen

Swensen is responsible for bank wide Teller Operations for First Dakota's 14 locations, and has played an integral part in teller operations when opening new locations.

Swensen lives in Irene with her husband Mike. She is involved in many local community events and organizations and also serves as Sec/Treas. for Spring Valley Lutheran Sunday School and Sec/Treas. of Turkey Valley Cemetery.

First Dakota was founded in 1872 and holds the first bank charter issued in all of Dakota Territory. It has 14 full-service banking locations in ten South Dakota cities. It also has six loan production offices throughout South Dakota and Nebraska.

### Steckler Attends Healing Touch Conference

Certified Healing Touch Practitioner Gwen Steckler, RN, BSN, of Integrative Healing Center, 317 Broadway, Yankton, attended the North Central Healing Touch Community's annual conference in Minneapolis, MN recently. The NCHTC is a non-profit organization dedicated to building local community for Healing Touch practitioners and students in the five-state areas of Minnesota, South Dakota, North Dakota, Iowa and Wisconsin.



Steckler

Healing Touch is a relaxing, nurturing energy therapy that works with your electromagnetic energy field to support your body's natural ability to heal itself, physically, emotionally, spiritually and mentally. It is safe for all ages and works in harmony with standard medical care. HT may be used in the treatment of stress, depression, grief, chronic pain management including back pain, arthritis, fibromyalgia, chronic fatigue, preparation for and recovery from surgery, multiple sclerosis, reducing cancer treatment side effects, migraines, fractures, viral infections, strengthening the immune system, supporting the dying process, health and wellness maintenance, and other diseases.

Research supports Healing Touch as an integrative therapy. Surveys indicate patients evaluate it highly. It is used in a wide variety of settings including hospitals, long term care facilities, private practices and hospices. Healing Touch is taught internationally in universities, medical and nursing schools and other settings. HT is endorsed by the American Holistic Nurses Association.

Appointments at Integrative Healing Center can be made by calling 605-661-5724 or emailing Gwen at gwen.steckler@gmail.com. She is also available for presentations.

### Weight Watchers Ranked As Best Diet

U.S. News assembled a panel of nutritionists, specialists in diabetes and heart disease, and other diet experts. Their findings gave the Weight Watchers program some very high marks in three categories. They ranked Weight Watchers #1 in Best Commercial Diet Plans and Best Weight-Loss Diets, and #2 in Best Diets Overall.

Some of their comments included: "As for weight loss results, dieters can expect to lose a significant amount of weight within the first year - and likely keep it off. The program has an excellent support system, which helps dieters keep the pounds off. It is easy to follow, while not eliminating any food groups or favorite foods, and there is a strong emphasis on emotional support, which tends to lead to higher compliance. Experts were impressed with the nutritional soundness of the program, scoring higher than most other diets. They said the program promotes healthy, balanced eating. Weight Watchers got high marks for being safe. Dieters don't have to worry about malnourishment or losing weight too rapidly. And there are no serious side effects and the program is safe for almost everyone."

The city of Yankton is fortunate to have a Weight Watchers Center located in the Harper Building at 413 W 15th St. The meeting times are Tuesday at 10:30 a.m., Thursday at 4 p.m. and 5:30 p.m., and Saturday at 9 p.m. Avera Sacred Heart Hospital has an At Work meeting open to the public at 12:30 p.m. on Mondays. Come and see what we are all about. It's a new day on PointsPlus.

### Wagners Named Fraternalists Of The Year

Robin and Travis Wagner were presented the Fraternalist of the Year award at the 2011 NAIFA/FIC awards banquet on May 17 in Brookings.

Robin and Travis received the award for their outstanding volunteer work in their community.

## Kieffer Appointed As National Examiner

Frani Kieffer, Strategic Marketing Manager at Avera Sacred Heart Hospital located in Yankton, has been appointed by Dr. Patrick Gallagher, Director of the Commerce Department's National Institute of Standards and Technology (NIST), to the 2011 Board of Examiners for the Malcolm Baldrige National Quality Award.



Kieffer

The Award, created by public law in 1987, is the highest level of national recognition for performance excellence that a U.S. organization can receive.

As an Examiner, Kieffer is responsible for reviewing and evaluating applications submitted for the Award. The board is composed of approximately 500 leading experts selected from industry, professional and trade organizations, education and health care organizations, and nonprofits (including government).

Those selected meet the highest standards of qualification and peer recognition. All members of the board must take part in a preparation course based on the Baldrige Criteria for Performance Excellence and the scoring and evaluation processes for the Baldrige Award.

The Baldrige Award may be given annually in each of six categories: Manufacturing, Service, Small Business, Education, Health Care, and Non-profit. Awards have been presented to 80 organizations, including the 2010 recipients: MEDRAD, Warrendale, Pa. (manufacturing); Nestlé Purina PetCare Co., St. Louis (manufacturing); Freese and Nichols Inc., Fort Worth, Texas (small business); K&N Management, Austin, Texas (small business); Studer Group, Gulf Breeze, Fla. (small business); Advocate Good Samaritan Hospital, Downers Grove, Ill. (health care); and Montgomery County Public Schools, Rockville, Md. (education). Information about the Baldrige National Quality Program and the application process is available from the Baldrige National Quality Program, at (301) 975-2036 or nqp@nist.gov, or from the Baldrige Program's website at http://www.nist.gov/baldrige.

The Award Program is managed by NIST in close cooperation with the private sector. ASQ in Milwaukee, administers the program.

## Abortion

From Page 1

Dakota's leading anti-abortion campaigners.

Abortion-rights supporters filed a federal lawsuit in late May to block the new law from taking effect July 1, claiming it interferes with the legal right to abortion established in the Supreme Court's 1973 Roe v. Wade decision. A hearing is scheduled Monday in Sioux Falls on a request to suspend the law while it's being challenged.

Care Net Pregnancy Resource Center, located about 400 miles west in Rapid City, and Bella Pregnancy Resource Center in Spearfish, are the state's only other registered facilities, though state officials expect more will sign up after the law takes effect. All

three pregnancy centers are private, nonprofit organizations. Unruh said Alpha Center is reliant on private donations and, according to federal tax records, was armed in recent years with an annual budget ranging between \$700,000 and \$1 million.

Critics say the new law will force mostly low-income women to make long, costly journeys to receive required counseling. Advocates say that's folly because the Sioux Falls and Rapid City centers are located in the state's two most populated cities.

Unruh says she's ready to take her center's services on the road if necessary, armed with Alpha Center's "Fleet for Little Feet" - a motor home that's been converted into a mobile medical and counseling operation.

Elizabeth Nash of the Guttmacher Institute, a reproductive-health research organization that supports abortion rights, said

the law "really makes a mockery of informed consent."

Women who get counseling under the law will only be getting part of the story, said Nash, a public policy associate.

"It'll all be designed to steer her in one direction, which is to continue her pregnancy," Nash said.

Alpha Center is South Dakota's best-known crisis pregnancy center, mostly because of Unruh, who said she changed her position on the issue after her young son picked up a doll showing a three-month-old fetus at a Right to Life booth and said, "baby." Since then, she has taken prominent roles in every recent attempt to ban or restrict abortion in South Dakota.

Unruh said Alpha Center counselors don't pressure women to avoid abortion. She said they

simply give women information about fetal development, offer an ultrasound and provide information about medical, financial and other services that can help them keep their babies or give them up for adoption.

"It's not like we as counselors are saying: 'She still wants an abortion so now I have to talk her out of it.' It's really her decision," Unruh said.

Kathi Di Nicola of Planned Parenthood Minnesota, North Dakota and South Dakota, which operates South Dakota's only abortion clinic in Sioux Falls, disagrees with Unruh.

"The stated mission of a crisis pregnancy center is to dissuade a woman from seeking abortion care," Di Nicola said.

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