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DEREK BARTOS/P&D  
**Speaker Michael Domitrz talks about teen dating during his presentation, "Can I Kiss You?"**

**Relationship Expert:**

## Ask Before You Act

BY DEREK BARTOS

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For those who are looking to successfully share intimacy, a relationship expert recommends a simple action — ask permission.

Critically-acclaimed author and lecturer Michael Domitrz performed his presentation, "Can I Kiss You?" Wednesday evening at Mount Marty College during the 15th Annual Mental Wellness Conference. The talk focused on teen dating, intimacy, boundaries, respect and sexual violence.

"Most people don't ask, whether they've been married, or they've been with someone 30 years or they're on a first date," Domitrz said. "Most people just go for it."

He said the problem with "just going for it" is that it is too easy to receive the wrong signal.

"When it comes to reading body language, our brain tells us that whatever we want is what's happening, even if it's not true," he said.

Since body language can be unreliable, trying to read it can lead to misunderstandings, frustration and, in some cases, sexual assault, Domitrz said.

"The more you try to read your partner's mind, the more you get into trouble," he said.

Why don't people ask "Can I Kiss You" instead of going for it?

Domitrz said it is not because of fear of rejection, nor a fear of making the situation awkward, as most people would believe.

"That happens anyway if you do what most people do and just go for it," he said. "You're at the end of the night. It's just the two of you, and you are waiting for something to happen. It could feel like forever before someone

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## Retiring After 32 Years

Steve Hermanson Was A Volunteer Firefighter For More Than Three Decades Before Finally Deciding To Retire

BY NATHAN JOHNSON

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After being a volunteer with the Yankton Fire Department for 32 years, Steve Hermanson is still adjusting to retirement.

In fact, his whole family is still getting used to the idea.

"When my grandchildren come into the house, my bunkers are no longer hanging on the wall next to the back door," Hermanson said. "They ask where the equipment is at. That's all part of who Grandpa is."

As part of the constitution of the fire department, volunteers have to retire before they turn 61. Hermanson submitted his resignation letter in April and a proclamation thanking him for his service was read at a recent Yankton City Commission meeting. The entire department attended the assembly and gave Hermanson a standing ovation.

"It was extremely emotional standing in front of everybody there and thinking about how enjoyable the last 32 years were," Hermanson said. "We have two families as a firefighter: We have our immediate families at home, and then we have our firefighter family. It is a tradition I hope never goes away."

Hermanson followed in the footsteps of his late father, Howard, who was a Yankton firefighter for more than 25 years before he, too, retired at age 60.

"Steve spent a long career with the fire department, and it was part of a tradition that started with his dad," Fire Chief Tom Kurtenbach said. "It was an honor to have him serve in the department. He was a good, solid officer. He



KELLY HERTZ/P&D  
**Mayor Nancy Wenande read a proclamation regarding Steve Hermanson during a recent Yankton City Commission meeting. The document thanked Hermanson for his 32 years as a volunteer with the Yankton Fire Department.**

was always there when we needed him and would jump in to help."

Hermanson was an officer in the department for approximately 21 years. When he retired, he was second assistant chief.

Deputy Fire Chief Larry Nickles recalled that when Hermanson started in

1981, there was one fire station and a handful of trucks.

Now, there are three stations, 13 trucks and a lot of other equipment. The types of incidents the department responds to has expanded during that time, also.

"We've seen a lot of changes," Nickles

stated.

Hermanson was one of the members of the department who spearheaded an effort to get a new fire station built along 23rd Street by educating the public about the need for it.

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SUBMITTED PHOTO

**Pictured from left: Katie Rodig, Amber Livingston, Alliyah Greaver and Abbey Schulte. Livingston, Schulte and Rodig held three out of the seven positions on the Girls State Supreme Court and were each given scholarships at the end of the event. Each of the girls went to Yankton High School. The goal of Girls State is to bring teenage representatives together.**

## YHS Well Represented On Girls State Supreme Court

BY EMILY NIEBRUGGE

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Three students represented Yankton High School during their week at South Dakota Girls State by serving on the Supreme Court.

Girls State is sponsored by the American Legion and Auxiliary and aims to bring teenage representatives together to teach them about city, county and state government. Amber Livingston, Abbey Schulte and Katie Rodig held three out of the seven positions on the Supreme Court and were each given scholarships at the end of the week.

Schulte said it was an honor to be recognized for their leadership skills and to be trusted with a higher position.

"It was a great feeling being elected and knowing all the girls trusted and respected you with that position," she said. "It was also a ton of fun — we got to wear the robes that justices wear and we got to listen to an actual trial that had taken place."

Although she wasn't looking forward to Girls State, Livingston said she was torn when she left because of the experiences.

"I didn't think Girls State was going to be as special as it was," she said. "I really didn't want to leave home for it, but after the first day I was hooked."

For Rodig, the best part about the week was getting to meet other girls from around the state.

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## AARP Meeting Answers Key Questions On Medicare

BY EMILY NIEBRUGGE

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Bruce Brazleton attended Wednesday's AARP meeting in the hopes of getting more information about healthcare costs and fraud.

His questions were answered at the AARP You've Earned a Say community conversation about Medicare and Social Security held Wednesday afternoon at Minerva's Bar and Grill.

Brazleton said he also saw improvement from last year's meeting.

"I saw a very positive change from last year's meeting. There was a willingness to listen," he said. "Healthcare costs are going up about three times as much because of inflation, and I wanted to see AARP represent some retired people and I wanted to see how they're addressing that issue."

**"I came here to find more information, and I was surprised that they're doing a lot of brainstorming."**

BRUCE BRAZLETON

Susan Becker's questions about settlement were also answered.

"I came here to find more information, and I was surprised that they're doing a lot of brainstorming," she said.

Bob Stevens, the local Sioux Falls president, presented issues focusing on Medicare and Social Security. Those issues included improving the coordination of care, reducing prescription drug costs, cracking down on fraud, reducing waste and inefficiency, shifting costs to

seniors and future generations and raising the Medicare eligibility age.

AARP suggests stopping drug companies from gaming the healthcare system letting Medicare negotiate lower drug prices, reducing medical errors and improving technology to counter some of the effects seniors are facing.

Stevens also addressed potential cuts to Social Security. He said although most people fear they won't receive full benefits for the rest of their lives, if no changes occur Social Security can pay full benefits until 2025. After that the payment would be reduced to 75 percent until 2033, and 73 percent until 2086.

Stevens also asked audience members their thoughts on certain issues.



EMILY NIEBRUGGE/P&D

**Seniors listen in to AARP officials discuss Medicare at a forum held at Minervas Wednesday afternoon. The forum also dealt with Social Security and seniors in attendance were able to ask AARP officials questions they wanted to have answered.**

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### 3rd Freemont Teen Dies After Crash

FREMONT, Neb. (AP) — Grief counselors will be available to Fremont High School students Wednesday as they mourn the deaths of three classmates.

Authorities say three 16-year-old boys were fatally injured and another seriously hurt in a car crash Monday night southeast of Fremont.

Two who died at the scene were driver Jackson Blick and passenger Tyler Walling. Trey Hansen died Tuesday night at an Omaha hospital, where his organs were removed for transplants. Another 16-year-old, Jake Burnside, remains hospitalized in Omaha.

All four had been involved in school sports and activities, as well as church youth groups.



**June 28-29, Riverside Park  
SURVIVOR'S LAP 6:00PM**