

Clerks

From Page 1

when she was appointed clerk of courts for Douglas County. Besides returning to her former courthouse, the move to Hutchinson County allows Winckler to work closer to home.

"Dorene lives in Scotland, and that's why she chose to work in (neighboring) Olivet rather than continue to work in Armour," Allison said. "She applied for the transfer to that position, and it was granted."

Sparks, an Armour High School graduate, saw not only the opportunity for a promotion within the judicial system but also the chance to work closer to home when the Douglas County vacancy opened in Armour.

"Denise saw the post internally for the Douglas County clerk of courts, and she applied for the position," Allison said.

The Hutchinson County clerk's office is open four days a week. The Douglas County clerk's office is open three days a week.

Winckler and Sparks performed double duty for a time, Allison said. "They

were both helping cover both their new and old offices during the transitions," the court administrator said.

The judicial chain reaction was completed this month, with changes made in Charles Mix County in the wake of Sparks' departure.

Deb Pfeffer remains the Charles Mix County clerk of courts. However, Jenny Robertson, who had served as the half-time deputy clerk and half-time court services secretary, became Sparks' replacement. In turn, Kaylene Goehring was hired as Robertson's replacement.

"Staffing (for each county) is based on caseload, primarily," Allison said. "Douglas gets additional help from Charles Mix deputies when they need it, and Hutchinson and Bon Homme share Kathy Mehlhaff as a deputy."

The appointment of judicial positions follows a process, Allison said.

"These positions are posted on the state job website, and applications are handled through that system. I also advertise in the newspapers," she said. "The individual judges generally don't participate in the hiring process for clerks and court services staff. I do all the interviewing in the circuit in conjunction with the

Kindle said. "He was also able to accomplish a lot of good things over the years, including building the Summit Center, which has been an asset to our community and students."

Kindle added that he enjoyed working for Gertsema over the years.

"Gertsema was a good boss to work for and he wasn't afraid to tell you if something needed to be changed," he said. "I appreciate the fact that Gertsema hired me and allowed me to have an opportunity in the Yankton School District."

Although Gertsema said he's proud of all of his accomplishments, he's most proud of being able to see students succeed at YSD.

"Seeing students succeed is the biggest reward for me and it's why I've always been in education," he said. "I think another thing was the facilities situation at YSD was improved immensely during my time there. Also, being able to continue the academic and activity program tradition the district had before I came in was important to me."

However, it was not all smooth sailing for Gertsema during his tenure. Two property tax opt-outs failed, and he was also arrested for driving under the influence (DUI) last October, an incident he was forthright about right after it happened. In addition, YSD has faced a declining enrollment and state education cuts that Gertsema has had to deal with over the past several years.

Kindle said one of the things he appreciated most about Gertsema was all he was able to provide students and faculty members of YSD.

"He did a lot of good things for our students and staff here," Kindle said. "I appreciated it when he would be frank and candid with you, because you always knew the next day was a new day."

Specht said Gertsema expected faculty members to do their jobs while and expected positive outcomes for students.

"While he had high expectations, he always tried to stay out of the day-to-day operations of the buildings and left that to his administrative team," Specht said. "During my time on the board, we always had a professional relationships. I believe there was a mutual respect in that I did not try to tell Gertsema how to be superintendent and he did not try to tell me how to be a good board member."

He added that board members understood their roles with Gertsema in charge and felt as if they could disagree on an issue, but move forward and be able to support decisions made once the votes were counted.

Gertsema said he always took his job at YSD seriously.

"I wish the district, students, staff and board members well," he said. "Being superintendent at YSD was my job for more than 20 years and I know I'm leaving the district better than I found it. I hope YSD continues to improve and thrive and believe the kids of the district deserve that. I wish Dr. Kindle well. I've known him for 20 years and it has been fun contributing to his career."

You can follow Andrew Atwal on Twitter at twitter.com/andrewatwal

supervisor for whichever office the vacancy is in."

In a news release, Jensen said he is confident in his appointments of Winckler and Sparks to their new positions. He pointed to their years of experience in the clerk of courts offices and their past records of accomplishment.

Jensen indicated he believes the women's years of experience will ensure the Hutchinson and Douglas clerk of courts offices "will continue to provide a superior level of services to their respective counties."

Jensen extended his thanks to Schnabel for her dedicated service to the Unified Judicial System and the

Hutchinson County courts during the past 38 years. A reception was held in her honor at the Hutchinson County courthouse.

First hired as the circuit administrative assistant in 1975, Schnabel was appointed in 2000 as the Hutchinson County clerk of courts by then-First Circuit Presiding Judge Arthur Rusch of Vermillion.

The current judicial juggling isn't the only area South Dakota court change in recent years.

Bon Homme County Clerk of Courts Roger Hisek of Tyndall retired in March 2011 after serving in the clerk's office for more than 35 years. He was first hired

as a deputy clerk in 1976 and then appointed as clerk of courts in 1991.

Hisek was replaced by his deputy clerk, Joanne Balvin of Tyndall, who had served in her position for more than 20 years.

The clerk is responsible for managing the clerk of courts' office, which maintains all records and files of the court system. This includes all civil, criminal, probate and traffic files. In addition, as a clerk magistrate, the clerk of courts can perform weddings, set bonds, issue arrest and search warrants, and hold court on petty offenses and certain misdemeanors. Originally, the clerk of

courts was elected by county voters. However, as a result of a constitutional amendment unifying the court system in 1975, the position of clerk of courts became an appointive position by the presiding judge of each circuit.

The First Judicial Circuit consists of the following counties: Aurora, Bon Homme, Brule, Buffalo, Charles Mix, Clay, Davison, Douglas, Hanson, Hutchinson, McCook, Turner, Union and Yankton counties.

You can follow Randy Dockendorf on Twitter at twitter.com/RDockendorf

ASK THE EXPERTS

Comfort Care

My 97-year old mother developed Alzheimer's disease about six months ago. She had been staying with us for the past five years - caring for her own personal needs with minimal assistance and being a delightful companion when shopping or travelling to visit her great grandchildren. Lately she had to use the stair elevator to get upstairs where enjoyed a panoramic view of the lake and tirelessly knitted while watching her favorite Judge Judy and Keeping Up Appearances programs. She kept track of her little "pets" - the wild animals and birds at the feeders - and in her beautiful Norwegian accent she enthralled visitors with exciting stories of her past.

But Elizabeth and I became exhausted, both physically and psychologically, with the dramatically increased demands of caregiving that made us virtually homebound. We began to consider alternatives and finally chose assisted living.

To our great relief Autumn Winds provided an intimate, caring, supportive, and warm atmosphere to which my mother immediately responded. The Autumn Winds staff, especially trained in geriatric care, made the transition from home care to assisted living with minimal stress. Despite her advancing loss of memory and need for increased assistance my mother is now eating well, smiles at visitors, and appears to enjoy her new surroundings.

Caring for family members at home is a rewarding experience with many benefits - including that of maintaining the fabric of family traditions. But when homecare becomes a physical and psychological strain we need to find alternatives before we become irreparably stressed. We have been very grateful to the Autumn Winds assisted living staff for being there for us.



Yankton, SD - 605-689-0382

Family Medicine

Q How has nutrition changed in the last 30 years and what do I need to know?



Jeffrey Johnson, M.D.

A Over the last 30 years we exchanged our high fat diet for a high carbohydrate diet. Researchers associated fat with heart disease; particularly the bad fats of LDL and VLDL. Thus, they recommended no more than 30% of our caloric intake come from fats. We certainly did achieve this by exchanging the fats for carbohydrates. Remember Snackwells? The end result however, was an increase in HTN Diabetes, Obesity, Heart Disease and metabolic syndrome. The carbohydrates specifically involved in this fiasco are sucrose (which is half glucose and half fructose) and high fructose corn syrup (HFCS). It turns out that these carbohydrates (fructose and HFCS) are not easily metabolized by the liver. These produce toxic byproducts that are ultimately stored in the liver and fat tissues. So if you want to improve your diet, get the fructose and HFCS out of it. If you have concerns about your health we are happy to discuss this at Lewis & Clark Family Medicine.



2525 Fox Run Pkwy., Lewis & Clark Medical Plaza, Yankton - 260-2100

Ear, Nose & Throat

Q Dr. Rumsey, My ears have been ringing for several years. Recently, I have heard and seen several advertisements for tinnitus. Are these products worthwhile or what do you recommend?



Matthew Rumsey, Au.D. CCC-A

A I too have heard and seen several of these tinnitus (ringing in the ears) advertisements and they are very concerning to me. Tinnitus is a highly complicated issue rooted deeply in our neural pathways. The facts are that there are no silver bullets or magic pills which have been clinically proven to reduce, let alone eliminate tinnitus. Research and our experience with our patients have taught us a lot about tinnitus but have not provided a quick and easy cure. I would refer you to our website www.yanktonent.com or the American Tinnitus Associations website at www.ata.org. You will find several helpful strategies to help you cope with your tinnitus. Just know there are things you can do to help your tinnitus, but remember anything that sounds too good to be true, probably is.

David Wagner, M.D.
Matthew Rumsey, Au.D., CCC-A
Professional Office Pavilion,
Suite 2800, 409 Summit, Yankton
665-6820 · 888-515-6820 · www.yanktonent.com



Podiatry

Q Is there any way to remove an ingrown toenail permanently?



Terence Pedersen, D.P.M.

A Ingrown nails have many causes, including weight gain, sports injuries, improper cutting, small or tight shoes, and toenail growth deformities. Many ingrown nails can be treated non surgically with antibiotics, proper trimming, shoe modifications, activity changes, and soaking.

When an ingrown toenail becomes chronic, a simple office surgical procedure can remove the offending corner, or entire nail, permanently!

We use a small amount of medicine to numb the toe. Once the toe is numb, it takes about 5 minutes to complete the procedure. There is no incision, and no sutures. After the procedure, all you need is a simple dressing, some salt water soaking, and an antibiotic cream for a few weeks. Usually no pain medicine is required, and most patients resume sports and work immediately.

There is no need to put up with the pain from an ingrown toenail. It can be fixed permanently with a simple office procedure.

Avera Sacred Heart Hospital Professional Office Pavilion
409 Summit St., Ste. 2600, Yankton - 668-8601



Urological

Q Did You Know?



Dr. Joseph Boudreau MD, F.R.C.S.

A Men with prostate cancer can significantly lower their risk of dying from their cancer by limiting their intake of animal fat and carbohydrates and by eating olive oil or canola oil, nuts and avocados. These healthy foods increase plasma antioxidants and reduce insulin and inflammation which in turn may slow the progression of their prostate cancer. Eat more unsaturated and less saturated and Trans fats.

Q Did You Know?

A One simple and important measure a woman with a history of kidney stones can take to reduce her risk of forming recurrent kidney stones is to exercise 3 times per week.

Yankton Urological Surgery, Prof., L.L.C. 2009 Locust, Yankton - 689-1100
www.yanktonurology.com

Chiropractic

Q What can I do for back pain during my pregnancy?



Sheila Fitzgerald, DC

A Generally, many women experience some back pain during their pregnancy and want to avoid using over the counter medications for pain. Recommendations for care include chiropractic, acupuncture, exercise, massage and applications of heat or ice. These treatments can have a good effect for back pain during pregnancy, depending on your type of pain. Chiropractic will also address sleep postures and advise use of pillows for support when needed. Shoes can also have an effect on back pain. Most importantly, the focus on mom and baby with healthy lifestyle recommendations leads to better pregnancy and delivery.

2507 Fox Run Parkway,
Yankton, SD, 665-8073



Fitness/Health

Q I am considering running a half-marathon. Is there anything I should be aware of before I commit?



Angie O'Connor Clinical Exercise Specialist

A I've heard it said that the 26.2 miles of a marathon is the average person's Mt. Everest. It is a huge accomplishment to cover that distance but it's an opportunity that is available to almost everyone these days. Marathonizing has become so common in fact that to someone who has never done either it seems the 13.1 miles of a half-marathon should be a piece of cake. If you are a healthy adult either can most likely be accomplished but before you send in your registration dues, know that you have a big commitment ahead of you. Depending on your current fitness level, training begins months ahead of time. Weekly distances, both short and long runs need to be covered regardless of what might try to pull you away from training. Good shoes are critical as well, without them at the end of 13.1 miles you will feel pain in places you didn't know you had. Good nutrition and hydration are always important but when you complete long distances they are extremely important. These things need to be thought out and planned ahead of time. It is a great idea to talk to a fitness professional about proper training and your doctor to ensure you are healthy enough before you officially commit. Speaking from experience crossing the finish line at the end of a long race is well worth all the work!

501 Summit, Yankton - 665-9006



Pharmacy/Nutrition

Q I have heard there is a new drug for diabetes. Is this true?



Shona Jussel Hy-Vee Pharmacist

A Yes, there is a new medication for diabetes called Invokana (canagliflozin). It is a new drug class, meaning that it works in a new way. It is taken by mouth and works by increasing the amount of glucose that is excreted in the urine, hence lowering the amount of glucose in the blood. It may be used alone or with other anti-diabetic medications. As with any medicine, it has its good and bad points. Advantages of the medicine include positive effects on blood pressure and weight. Disadvantages include an increased rate of urinary tract infections and LDL (bad cholesterol), as well as a potential increased risk of stroke. More time is needed to access these potential risks and more studies will be done regarding the safety and effectiveness of this medication. It seems to have a similar amount of effectiveness compared to other anti-diabetic medicines currently being used.

Pharmacy - 665-8261

