

# License

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before being able to uphold the Supreme Court's rule.

"One of the issues was that the marriage application license forms have always said 'bride' and 'groom,'" he said.

Shortly thereafter, while still being interviewed, Hunhoff received notification that, as of approximately 12:15 p.m. Friday, South Dakota Department of Health and Human Services had revised the application to gender-neutral forms, using the word "spouse" instead.

Hunhoff said he received one other inquiry Friday from a male individual about obtaining a marriage license.

"I expected (this decision) would come at some point. It'll take some people to get used to the idea, but the world is changing," Hunhoff said. "Some people are for this and some people against, but personally I think the Constitution should be a shield for everybody, not just people of certain preferences, and that's obviously what the Supreme Court said this morning."

Clay County register of deeds was also prepared to uphold the Supreme Court's ruling.

"If a same-sex couple came in and wanted to purchase a marriage license, I would probably call Pierre first just to make sure we have the right papers," Jane Olson, Clay County register of deeds, told the *Press & Dakotan*.

Olson explained that, after revision to gender-neutral terms, the application now reads "spouse A" and "spouse B."

"Also, if there is an application for certified copy of a marriage, that used to say 'groom' and 'bride,' but now it's just 'spouse' and 'spouse,'" Olson added.

As of 3 p.m. Friday afternoon, Clay County register of deeds had received one telephone call inquiring about the new rule, but no one that had come into the office with questions for a license.

Nebraska register of deeds also received word from the Nebraska Department of Health and Human Services and the Nebraska Association of County Officials that they were also to issue same-sex marriage licenses, effective immediately.

"We actually didn't have to do anything after (being notified of the Supreme Court ruling)," Dave Dowl-

ing, Cedar County clerk, election commissioner and register of deeds, told the *Press & Dakotan*.

He explained that the only change that needed to be made in order to issue same-sex marriage licenses was the responsibility of the Nebraska Health and Human Services. The online database forms where the register of deeds is required to input couple's information needed to be revised in gender-neutral terms.

Knox County is also prepared to offer same-sex marriage licenses, according to Joann Fischer, Knox County Clerk and Ex-Officio register of deeds.

Each county's register of deeds said there is no way to predict how gay and lesbian couples in their specific counties will react to the decision in the upcoming days, and were unable to provide a prediction of how many same-sex marriage licenses they will issue.

They also share the opinion that they do not foresee the issuance of same-sex marriage licenses affecting their respective communities in which they serve.

Julie Herrboldt, Hutchinson County register of deeds, declined to comment for this story.

Roger Baron, retired University of South Dakota law professor, told

the *Press & Dakotan* that he believes the Supreme Court's decision as "the best possible step taken in terms of upholding the integrity of the United States."

"If we really are a country that protects minorities, then this decision protects minorities," he said. "It's a very sad state of affairs where the majority dictates the rules that apply to the minorities. I've always been a believer for rights for minorities and most people will tell you that people believe in minorities, but when it comes to things that they disagree with they don't believe it anymore."

He said two questions repeatedly discussed by South Dakota lawmakers prior to Friday's ruling were if the state should recognize either a same-sex marriage or a same-sex marriage that was issued legally in a different state.

"South Dakota has done everything it can to disallow same-sex marriages and not recognize same-sex marriages from other states," he said. "(South Dakota) won't be fighting over that anymore."

Baron said he believes this decision will unify the nation more than divide it.

"There's not a perfect decision that would unify the country," he

said. "But, when the smoke clears in a year from now, the country will be more united than divided."

The *Press & Dakotan* also contacted South Dakota Lt. Gov. Matt Michels. During his time in the Legislature, he was a co-sponsor of the bill approved in 2000, disallowing state recognition of same-sex marriages from other states.

Michels redirected the request to the Governor's Office. Kelsey Pritchard, communications director, who said Michels agrees with a statement issued by Gov. Dennis Daugaard that they "preferred the issue to come before the Democratic process, but regardless, will respect the law."

Drobny said she is thrilled about the success, but the battle is not won.

"I think there's more that needs to be done in opening people's eyes that we're not hurting anybody," she said. "There's a long ways to go before we're completely accepted."

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# Marriage

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riage in South Dakota began in earnest in 1995, when the House approved a ban that failed by one vote in the Senate. The prime sponsor was Rep. Roger Hunt, R-Brandon. The attempt placing the ban in South Dakota law succeeded in 1996.

The law defined marriage as "between a man and a woman."

The Legislature in 2000 approved a change to South Dakota law that specifically

excluded state recognition of marriages conducted in other states between people of the same gender.

Hunt was prime sponsor of the 2000 legislation. It won approval 55-9 in the House and 34-1 in the Senate.

One of the co-sponsors was then-Rep. Matt Michels, R-Yankton, a lawyer who currently is lieutenant governor.

Among those voting for it were then-Sen. Dennis Daugaard, R-Dell Rapids, who is governor, and then-Sen. Mike Rounds, R-Pierre, who went on to be governor and now is a U.S. senator.

# Trial

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Friday's proceedings.

In April, Hudson was charged with homicide in the second-degree, aggravated assault and grand theft. A plea of not guilty by reason of insanity was entered.

Friday's hearing also focused on a motion by court-appointed attorney Dan Fox to release a cell phone and billfold to Hudson's family to obtain the contents within. Johnke objected to releasing these items as they are both important pieces of evidence to the case. First Circuit Judge Glen Eng said he'd like

to see alternate means of obtaining the contacts from both mediums to give to the family while not handing over the physical phone or billfold.

Hudson's trial is set to begin July 27 in Yankton. Hudson could face up to life imprisonment on the homicide charge, if convicted.

On March 7, 2014, authorities were called to check on the status of Todd Hudson. Joshua Hudson showed up at the residence of Todd's ex-wife and was quoted as saying "I axed my uncle." Hudson was apprehended following a high-speed chase later that day.

Follow @RobNielsenPandD on Twitter.

# Yankton, Vermillion To Hold Joint Meeting

From P&D Staff Reports

Next week, the Vermillion City Council and Yankton City Commission will meet as a group to discuss how the two cities can work together. The meeting will be held

at the Technical Education Center located at 1200 W. 21st St. Monday at 7 p.m.

The meeting will cover a joint power's discussion and idea sharing for future partnerships.



## Family Medicine

Q. What do I need to know about sunburns?



Jenny Horstman, NP-C

A. We all love summer and spending time outside, but there are a few things you should know before you head out for a day in the sun. The sun's rays are the strongest during the middle of the day from 10am to 4pm and you can still get a burn even on cloudy days. Sunburns usually appear about 12 to 24 hours after sun exposure and fade over 72 hours. So, how can you avoid a sunburn? There are a variety of sunscreens available. Look for one with an SPF of 30 or greater, however, you may need a higher SPF if you are fair-skinned or will be in the sun for a long time. You should reapply the sunscreen every 2-3 hours. Be sure to throw away sunscreen once it has expired or after 3 years if no expiration date. If you do end up with sunburn, you can do things to reduce the pain and discomfort. Over the counter pain relievers such as ibuprofen and naproxen may help control the pain. Applying a cool compress may help along with applying moisturizer, aloe vera lotion or gel, or a low dose over the counter hydrocortisone cream which may decrease pain and swelling. If blisters form, try not to break them but if they do, clean the area with mild soap and water, apply a triple antibiotic cream and cover with a wet dressing. Remember to drink plenty of water and stay hydrated. If you have any concerns about a sunburn or if you have concerns about any skin changes, please schedule an appointment today at Lewis and Clark Family Medicine. (above information obtained from the SDDOH)



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

## Chiropractic

Q. What can chiropractic do for my sinuses?



Sheila Fitzgerald, DC

A. A common complaint that sinus sufferers have is the congestion that develops in the frontal and maxillary sinuses. The chiropractic adjustment of the upper neck helps impact several mechanisms that help the sinus region respond. The drainage and lymph flow is enhanced. The muscle tension of the neck and head is improved. The nervous system's response to the adjustment increases activity of the immune system. Then, there are some individuals who also choose to use acupuncture for sinus related problems, and have a lot of success and improvement. For the most part, chiropractic has a very beneficial effect with sinus problems and is a very safe alternative treatment.



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

## Funeral & Cremation

Q. What recourse does a consumer have for poor service or overcharging?



Jim Goglin

A. While most funeral homes provide outstanding services, sometimes things can go wrong. Funeral service is regulated by the Federal Trade Commission and state licensing boards. In most cases, the consumer should discuss problems with the funeral director first. If the dispute cannot be solved by talking with the funeral director, the consumer may wish to contact the FTC by contacting the Consumer Response Center by phone, toll-free, at 1-877-FTC-HELP (382-4357); TDD: 1-866-653-4261; by mail: Consumer Response Center, Federal Trade Commission, 600 Pennsylvania Avenue, NW, Washington, DC 20580; or on the Internet at www.ftc.gov, using the online complaint form. You may also choose to contact the local Better Business Bureau, or your state consumer protection office.

Legacy Affordable Burial & Cremation Solutions

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665-4414 · 866-615-2906  
Open Mon.-Sat. 10am-4pm



## Pharmacy/Nutrition

Q. Drug Coupons and Assistance Programs



Leah Rempfer  
Hy-Vee Pharmacist

A. More and more patients are bringing their pharmacists coupons and discount cards to try and reduce their prescription drug costs. There are many types of copay savings cards including drug coupons, discount or savings cards, and assistance programs. Many of these discount cards and programs may be found online. Drug coupons initially lower the copays on brand name medications, but may have a maximum number of fills per coupon. Patient's with medicare, medicaid, and tricare can not use copay coupons. Discount or savings cards are an alternative to prescription insurance. They boast up to 75% off on prescriptions, but in reality, they do not always give a big discount.

Assistance programs are provided by some drug companies or states. These programs are for patients without insurance or those with limited insurance. Some programs may help patients who are in the donut hole with Medicare Part D.

It is always best to ask your pharmacist about cost-effective medications right off the bat.



Pharmacy · 665-8261

## Ear, Nose & Throat

Q. Dr. Neugebauer, I was recently fit with hearing aids, but I was wondering how often I actually need to wear my hearing aids?



Kendra Neugebauer,  
Au.D. CCC-A

A. You certainly aren't the first person to ask this question and I'm sure several others are wondering the same thing. The answer to this question is more complex than people would think; however, in most situations, I instruct my patients to wear their hearing aids as much as possible. When using hearing aids to help manage hearing loss, we essentially are retraining our brain to hear and process sound in a different way. If you don't want to wear them all the time, ask yourself the question, "What situations do I want my hearing aids to help me with most?" Then, I would say wear them as much as possible in those situations. You can think of it as "exercising" your brain to perform better in those specific occurrences. The more you wear them, the more chances your brain has to adapt. Ultimately, I would recommend consulting your audiologist to discuss what your listening goals are and together you can develop a strategy to reach those goals.

David Wagner, M.D.  
Matthew Rumsey, Au.D., CCC-A  
Kendra Neugebauer, Au.D., CCC-A  
Professional Office Pavilion,  
409 Summit, Yankton  
655-1220 · 888-515-6820  
www.yanktonent.com



## Podiatry

Q. I have Diabetes. What is the best thing I can do for my feet?



Christine Wiarda,  
D.P.M.

A. Diabetes is one of the most common health conditions seen in our clinics. Our goal as podiatrists is to prevent ulcerations and skin breakdown. There are several different ways we do this surgically and non-surgically. Initially, it is very important for patients with diabetes to check their feet daily for any areas of redness or irritation, bleeding, calluses, etc. This can be done using a mirror on the floor if you are not able to see the bottoms of your feet. Also, wearing white socks will be an easy way to check for drainage that you are not aware of.

Offloading high pressure areas is also very important. This is done by inserts and shoes with padding placed in specific areas to prevent ulceration/pressure. Shoes and inserts should be checked frequently for any changes that need to be made to them. Once inserts and shoes are received, podiatrists check for breakdown or worn out areas every couple of months or so to ensure there is no irritation. Surgical offloading is also performed by releasing tendons or changing the foot structure to permanently remove areas of high pressure. This is done both prior to ulcer formations as well as after ulceration is seen in order to aid in healing. The best advice I can give to our patients who have diabetes with foot problems is to come in sooner than later. It is easier to treat a problem in its early stages than to try and resolve a situation that has been lingering for weeks or months.

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



Call for refills. We'll have them ready.



PHARMACY & DRIVE UP HOURS: M-F: 8:30am to 9pm Sat: 8:30am to 5pm Sun: Noon to 5pm  
CALL FOR PRESCRIPTIONS: 605-665-2929 800-572-2072

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## Fitness/Health

Q. I want to run my first 5k race. How long before the race do I need to start training?



Angie O'Connor  
Clinical Exercise Specialist

A. The answer to this question really depends on your goal. If you are a beginner, healthy but not doing any exercise currently, most people will need about 10 weeks to prepare. You may start out with just walking and work your way up to a jog. Workouts should consist of 30 minutes per day, 3-4 days per week that will build in intensity and distance as they go. A couple of weeks prior to the race, you may even go a bit farther than the 5k distance you are training for! If it's a speed record your shooting for, you'll most likely need a little more time. Another four weeks of speed training will give you a big boost. If you're planning to do an event, set short-term weekly workout goals for yourself and commit yourself to it by pre-registering for your race. Completing the race on race day will be your long-term goal. Good luck!



501 Summit, Yankton · 668-8357