

Contest Winners



SUBMITTED PHOTO

Seventh and eighth grade students at St. Rose School competed in the 38th annual school Modern Woodmen Speech Contest. From left to right is Sydney Tramp who won this year's contest, Hannah Van Heek who took second place and Taylor Arens who took third. Other speakers included Rob Poppe, Mikenna Stevens, Taylor Schieffer and Elyssa Tramp. Also participating in the program were Josie Sanger and Alexis Arens. The topic this year was "An Interesting Landmark." Modern Woodmen has sponsored the speech contest at St. Rose School since 1977. Tramp and Van Heek will move on to the district contest, set for Apr. 21 at Cedar Catholic High School in Hartington.

Tereshinski Stadium Agreement To Be Inked

On Monday, March 30 at 4:30 p.m., prior to the Mount Marty College vs. Briar Cliff baseball double-header, the Mount Marty College athletic department, the Yankton Baseball Association and the City of Yankton will officially sign a usage agreement renaming the complex at Riverside Field to the Bob Tereshinski Stadium at Riverside Field.

The signing will take place at the field and the public is welcome to attend.

In October 2013, Mount Marty College and the Yankton Baseball Association began work to seek approval and funding for the Riverside Baseball Stadium Turf Project. The MMC Lancers baseball team plays their entire home schedule at the newly renovated stadium in addition to all the games played by the Yankton Baseball Association — those games together total more than 200 games. The need for permanent turf is a major

piece of the puzzle.

The Tereshinski Field project has been split into two phases. Phase one involved installing artificial turf on the infield portion of the field. Phase two will involve raising the funds to install artificial turf on the remaining portions of the field and installing lighting for night games. The total project cost is estimated at approximately \$550,000.

Recently in an effort to give back to their local community, Yankton Medical Clinic, P.C. surgeons Ryan Garry, MD; Jesse Kampshoff, MD; and Luke Serck, MD, donated \$20,000 to the field turf project at the Riverside Baseball Field.

To learn more about this project and how you can get involved, contact Barb Rezac, Chief Advancement Officer, at (605) 668-1292 or barbara.rezac@mtmc.edu or visit www.mtmc.edu/field project.

VA Accepting Applications For Event

The VA is currently accepting applications from veterans who are interested in competing in the 2015 National Veterans Golden Age Games. Applications can be completed online at www.veteransgoldenagegames.va.gov and will be accepted through May 15.

Veterans ages 55 and older who are enrolled for VA care are eligible to participate. These games will take place in Omaha Aug. 8-12, and nearly 800 athletes are expected to compete.

The event encourages participants to make physical activity a central part of their lives and supports VA's comprehensive recreation and rehabilitation therapy programs. Competitive events include air rifle, badminton, bowling, cycling, dominoes, field, golf, horseshoes, nine ball, shuffleboard, swimming, table tennis and track.

Area Retired School Personnel To Meet

The Yankton Area Retired Teachers Association will begin their 2014-2015 spring meetings on Thursday, April 2, at Jo Deans Restaurant.

The meeting begins with lunch at 11:30 a.m. Following lunch, there will be short presentations by Barb Black, Ed. D., School of Education and Counseling, Wayne State College, and her son, Sam Herley, Ph.D., Department of Oral and Digital History, USD. Dr. Black will speak on Rural One-Room Schools and Dr. Herley, a Yankton High School graduate, will present on Harry Truman and American Education History. A brief business meeting will follow the program.

The program for the May 7 meeting will be Yankton High School music students directed by Angela Larson, and the June 4 meeting will have newly retired school personnel as special guests.

All retired school employees living in the Yankton and surrounding areas are welcome and invited to attend. If you have questions, call Joyce at 665-7977.

School Easter Vacation Slated April 2-6

Yankton Public Schools will not be in session from Thursday, April 2, through Monday, April 6.

April 2 is a parent-teacher conference compensation day and April 3 and April 6 are Easter Vacation days.

School will resume on Tuesday, April 7.

Yankton Area Chamber Of Commerce To Offer International Diversity Training

This summer the NFAA Easton Yankton Archery Center and Yankton will be hosting the 2015 World Youth Archery Championship June 8-14 at the NFAA Easton Yankton Archery Center. With more than 600 archers ages 15-20 competing in Yankton during this championship, the need for understanding cultural differences is paramount.

In preparation for the world event and the exciting and diverse people it will bring in to Yankton from more than 60 countries around the world, the Business Education Committee of the Yankton Chamber of Commerce will be hosting Christy Nicolaisen, executive director of the Multi-Cultural Center of Sioux Falls, to conduct several diversity training sessions in Yankton.

Nicolaisen, along with a 6-10 person multi-cultural panel, will be speaking at the Regional Technical Education Center (RTEC), located at 1200 W. 21st Street, on:

• Tuesday, April 21
— 3:5 p.m. to discuss religion and healthcare

— 6:30-8:30 p.m. to discuss retail and law

• Wednesday, April 22

— 2-4 p.m. to discuss hospitality, lodging and restaurants

Nicolaisen graduated from Buena Vista University with a triple major. In her undergraduate career, she studied extensively in Mexico. Christy is a Board of Immigration Appeals Accredited Representative with 14 years of experience representing clients in the areas of family based and refugee immigration. Christy has more than 15 years of non-profit management experience. She has over 27 years of experience working within the immigrant and refugee communities. Christy was the Director of the Foundation Against Homelessness for four years. In addition, Christy taught ESL, GED, Citizenship and Credit English to ELL students at Western Iowa Tech Community College for more than 14 years.

Each of the sessions will start with a discussion on each topic, followed by a

question-and-answer session from the audience.

The entire business community is invited to attend any of these sessions to help prepare their staff for this large influx of international visitors. Individuals or groups planning to volunteer during the event are also encouraged to attend.

For more information on the diversity training sessions, contact the Chamber at (605) 665-3636.

The NFAA is looking for volunteers to help with the World Archery Youth Championships beginning on Saturday, June 6. For more information regarding volunteer opportunities, go to www.yankton2015wayc.org for available schedules and to sign up. Sponsorship opportunities are available at advertise@neyac.org.

For questions concerning the World Archery Youth Championships, contact the NFAA Easton Yankton Archery Center at (605) 260-9279.



Family Medicine

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

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 fat. We certainly did achieve this exchanging fat for carbohydrate. Remember Snackwells? The end result however, was an increase in HTN Diabetes, Obesity, Heart Disease and Metabolic Syndrome. The carbohydrates specifically involved in the fiasco are sucrose (which is half glucose and half fructose) and high fructose corn syrup. 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 in the fat tissue. 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 you. Call Lewis & Clark Family Medicine at 260-2100.



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



Jeffrey Johnson, M.D.

Chiropractic

Q. Why does chiropractic use nutrition?

A. Traditionally, chiropractic has included nutrition and patient education to work through individual problems. More research shows the connection between diet and disease in the way that food can create different reactions in the body. By understanding how certain foods react in our body, we can 'reset' our body's reaction with alternate choices. Now more than ever, pieces to the health 'puzzle' are easier to apply. It is exciting to know that by applying new practices, we can change how our muscles and joints respond to our own activity. We can set and meet goals of wellness of the body with better health practices.



Sheila Fitzgerald, DC



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

Fitness/Health

Q. Since the weather has been good, I've been getting outside and running more. I've had problems with shin splints in the past, what can I do to prevent them this year?

A. Shin splints are a terrible pain in the front inside or outside of the lower leg generally seen by runners. Although the pain can be brought on by a variety of things there are a few causes more common than others. One of the biggest is starting out with too much. Many runners get over excited once the weather warms up and jump in where they left off with their runs in the fall. Start slow with a walk/run workout combo for a week or two and then slowly build your running duration from there. Be cautious to start with lots of hills or hard surfaces as well. Make sure to adequately stretch your calves and shins before and after your runs. Ensure you have proper footwear. See someone who can evaluate your feet and give you good advice on what type of footwear will work best for your anatomy. Cross-training can help as well. Replace running with a pool or an elliptical workout 1-2 times per week to reduce stress on your legs. If you do start feeling that pain come on, it's important to treat it right away with rest and ice or a visit to your doctor before it quickly reduces your running to nothing.

Angie O'Connor
Clinical Exercise
Specialist

501 Summit, Yankton • 668-8357

Funeral & Cremation

Q. Why is a funeral important?



Jim Goglin

A. For thousands of years, funerals have allowed survivors to express their feelings about the death of someone they love. The rituals provide comfort when things seem chaotic and out of control. The funeral is for expressing intense grief. For many, a visitation followed by a funeral or memorial service is the first step in the grieving process. It is a time when friends, family and other guests can come together to grieve openly and to support one another in a community environment. It is also a time to say good-bye. Viewing the deceased can bring a sense of closure to the bereaved who may be in shock and denial.

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Pharmacy/Nutrition

Vaccinations

Questions commonly arise at the pharmacy regarding vaccinations. It is very important, for both children and adults, to stay up to date on vaccines. There are many myths about vaccines that need to be resolved. Vaccines are not a cause of autism. The study that linked autism to vaccines was a fraudulent study in which the author's medical license has been revoked. Also most pediatric vaccines do not contain thimerosal and there was never proof thimerosal led to adverse effects. Children's immune systems are not overwhelmed by vaccines. A typical child is exposed to up to 6000 antigens per day, but the whole pediatric vaccination schedule only exposes them to 150 antigens. Vaccines are important to each individual to prevent outbreaks of disease and infection. Speak with your doctor or pharmacist to see if you are up to date on vaccinations.

Shona Jussel
Hy-Vee Pharmacist

Pharmacy • 665-8261

Ear, Nose & Throat

Q. Dr. Rumsey, I was recently diagnosed with Meniere's disease. What is Meniere's disease and what can I do about it?

Matthew Rumsey,
Au.D. CCC-A

A. Meniere's disease is characterized by a combination of four particular symptoms, including ear fullness, tinnitus (ringing in the ears), intense episodes of prolonged dizziness, and fluctuating hearing loss. These symptoms can occur due to abnormal fluid composition or buildup within the inner ear. Most physicians believe the combination of salt restriction and use of diuretic medications provides the best therapy; however, there is not one specific cure for all symptoms. Fortunately, people generally are symptom free between episodes and Meniere's disease is not life threatening. The best advice I can offer is to keep your ear nose and throat physician's phone number close and limit your salt intake.

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?

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
409 Summit St., Ste. 2600, Yankton • 668-8601

Terence Pederson,
D.P.M.Christine Wiarda,
D.P.M.

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