

## VISITING HOURS:

# Tips For Preventing Noise-Induced Hearing Loss

## Honoring May As Better Hearing And Speech Month

BY MATTHEW RUMSEY  
Avera Yankton Ear, Nose & Throat

Nationwide, out of the 28 million Americans with hearing loss, 10 million suffer from irreversible noise-induced hearing loss. 30 million more are exposed to dangerous noise levels each day. For children and teenagers, one of the simplest ways that they can acquire noise-induced hearing loss is by listening to loud music. To raise awareness of this common and preventable health issue, Avera



Rumsey

our pleasure to help those who have experienced a hearing loss, but it is our sincere hope that many can avoid visiting us due to decreased hearing by taking

the proper precautionary steps. A 2009 survey by the American Academy of Otolaryngology - Head and Neck Surgery (AAO-HNS), which represents ear, nose and throat doctors, found that 4 in 5 Americans are concerned about hearing loss due to ear buds. The survey showed that hearing loss is a top medical concern among parents, higher than concerns about asthma, food allergies or exposure to tobacco smoke. More than 90 percent of parents are very concerned about hearing

loss in their children. In recognition of Better Hearing and Speech Month, Dr. Ludahl and Dr. Rumsey of Avera Yankton Ear, Nose & Throat recommend these tips to ensure that parents know how to protect their families from noise-induced hearing loss:

- Encourage your children to take breaks from long periods of listening to music.
- Give your child ear plugs or ear muffs if they are involved in a loud activity.
- Remind your child to turn down the sound of their music.
- Teach your child to avoid the noise (walk away) if they feel

it is too loud.

- Use hearing protection when exposed to prolonged noise exposure.

For children and teenagers, some activities that can risk damaging hearing include:

- playing with noisy toys, band instruments and video games; listening to personal music
- players and stereos at high volumes; attending concerts and movies; operating lawn mowers, leaf blowers and power tools; and riding off-road vehicles and snowmobiles. As a general rule, noise may damage your hearing if you are at arm's length from it or

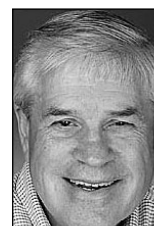
have to shout to make yourself heard.

If you are concerned about possible hearing loss in your child or anyone in your family, have them examined by an otolaryngologist - head and neck surgeon (also known as an ENT doctor). For more information about protecting your hearing, or to read about hearing loss, please visit [www.AveraYanktonENT.com](http://www.AveraYanktonENT.com) or [www.entnet.org](http://www.entnet.org).

*This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.*

## Belonging To A Community

BY VAL FARMER



VAL FARMER

Children feel it when they sense that the community is proud of them and their school. They can learn civic responsibility at school and collaborate on projects for community betterment. Schools can be a centerpiece in cultivating a sense of community.

What forces detract from community?

- An increase in rural commuting. Many people live in small towns and commute to other places for medical services, entertainment, supplies, shopping, work etc. Bedroom communities don't organize themselves around problems and goals. Geographic isolation helps keep community spirit alive.

- The private world of television and electronic media. Many people attribute the decline of "neighboring" and community spirit to the arrival of television. Electronic neighbors replace real ones. This development has accelerated with DVD's, video games, the Internet, social media and people getting obsessed with "virtual reality" instead of real world relationships.

- A reliance on national media instead of local media. People are more familiar and better informed about the White House than about their local court house. They borrow problems from elsewhere and assume these problems are going on in their own back yard. Young people grow up not knowing their place, their local history, their local economy or local issues.

Leadership development programs fill a key role by informing local leadership. Local leaders

Val Farmer is a clinical psychologist specializing in family business consultation and mediation with farm families. He lives in Wildwood, Missouri and can be contacted through his website.

This column is sponsored by Lewis & Clark Behavioral Health.

What is a sense of community? How is it created? Why do some rural towns have a greater sense of community than others? Are rural towns losing their sense of community? Why? How can it be increased?

Some people think community is a type of joining with other people of like interests or circumstances - the banking community, art community, bowling community or the "gay or lesbian" community. These are not true communities. These groups are factions of communities.

Community feeling happens when people come together for the good of the whole. People feel they belong to a community when there is a pattern of trust, cooperation and organization that benefits everyone. This type of intense relationship and mutual trust follows the lead of local leaders who are unselfish, visionary, inclusive and skillful at negotiations and developing consensus.

They have a history of past successes in working together. It is a tradition. Looking at a town's history, you can identify a core group of leaders who started a tradition of civic responsibility. Their example educated a subsequent generation of leaders on how leadership is done well. They set a pattern of community cooperation and celebration.

It is grounded in the norms and beliefs of the community. "This is what we do. We have strong ties to each other. Our local organizations work together."

Rural places have an advantage when it comes to community. There is a greater density of relationships. People know one another and relate to each other in multiple settings and roles. They aren't segregated into interest or age groups. Community activities affect everyone. This is the great potential strength of rural communities. The whole is better than the sum of its parts.

This sense of community is a real resource. You can literally bank on it. The more you have of it, the better children do in school. As to rural development, it has more monetary consequences than natural resources, location of the interstate, community infrastructure or even the education of the populace.

This sense of community trust and willingness to interact and cooperate in solving community wide problems doesn't belong to any one person. It is embodied within the community. If you don't use it, you'll lose it. The more you use it, the more you have.

People learn civic responsibility in their families, churches and schools. Working with others to do good for the community creates good feelings. There is positive reinforcement for constructive behavior. People migrating from cities often are looking for the feeling of belonging to a community. The inclusive friendliness is a powerful attraction of rural communities.

The towns that don't have it have their leadership fractionated into separate groups. An example of this would be a town with five churches each going their separate ways versus a town with five churches who collaborate on projects.

### UPDATE YOUR CALENDAR INFORMATION

Please check to make sure that your meeting times are listed with the correct time, place, location and contact numbers.

To make changes, please e-mail [newsroom@yankton.net](mailto:newsroom@yankton.net) with the correct information or call 605-665-7811 ext 114.

keep up-to-date on what is happening and affecting them in their own backyard - socially, economically and politically.

- An avoidance of controversy and conflict. Rural people tend to put a constant restraint on their willingness to take risks. They have to weigh carefully what they say and do. Communities do better when there is an open and free discussion of ideas and problems. Fearful communities don't let a controversy surface. But when it does, people take sides with a vengeance.

- Prejudice and intolerance. Rural people can be quite judgmental of each other. The best communities are inclusive and help everyone participate and to feel a part of community life. The leadership core is inclusive and welcomes new people and new ideas. Issues and problems become everyone's responsibility.

- Differences in economic status. Economic hard times and disparity between the "haves" and the "have-nots" tear away at the fabric of community life. Excessive competition with each other creates an unwillingness to join on common issues.

Polarization on issues, whether national or local, destroys the willingness to look for solutions that respect differences.

Community spirit and responsibility are what makes rural communities special. How does your community stack up? Do you feel like you belong?

For more information on rural communities, visit Val Farmer's website at [www.valfarmer.com](http://www.valfarmer.com).

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## YANKTON SCHOOL DISTRICT YEARS OF SERVICE AWARDS

Staff honored for their years of service to the Yankton School District included:

**Retirees**

- Ellen Bollig, First Grade Teacher, 19 years of service
- Tim Mulhair, World of Work, Personal Finance Teacher, 27 years of service
- Arlene Stoebner, Fourth Grade, 40 years of service
- Bob Winter, Activities Director/Asst. Senior High Principal, 47 years of service
- Doug Ekeren, Outgoing school board member, 9 years of service

**40 Years Of Service**

- Judy Tereshinski, Spanish Teacher
- Terry Grandall, YHS Counselor
- Barb Fisher, Bus Driver
- Deanna Garvey, 6th Grade Science Teacher
- Paul Harens, Language Arts, Communications Teacher
- Carmen Robinson, 7th/8th Grade Physical Education
- Nancy Schaap, Paraprofessional

**25 Years Of Service**

- Charles Barron, School Psychologist/Behavioral
- Janine Broscha, 6th Grade Reading Teacher
- Lisa Card, Elementary Physical Education (ST & YMS)
- Randy Gross, Biology, Environmental Science Teacher
- Julie Jensen, Fourth Grade Teacher
- Darrell McCloud, Bus Driver
- Dan Mitchell, Computer Networking
- Jeanne Mogck, Bus Driver
- Doug Pesicka, US History, Ancient Civilizations Teacher

**20 Years Of Service**

- Connie Frohreich, Cashier/Clerk
- Joseph Giersma, Superintendent
- Amy Harvison, Third Grade Teacher
- Maxine Hughes, Clerk/Typist
- Lori LaFave, Third Grade Teacher
- Suzette LeFebvre, Food Service
- Mike Pieper, Custodial
- Jennifer Satter, Secretary to the Principal
- LeaAnn Schramm, Elementary Music Teacher (BE, ST & YMS)
- Douglas Winstead, 7th/8th Grade

**15 Years Of Service**

- Robert Beard, Language Arts Teacher
- Stephanie Burgeson, 7th/8th Grade Family & Consumer Science Teacher
- Brian Drotzman, Head Custodian
- Pamela Fedders, Physical Therapist
- Nikki Heinz, Elementary Physical Education (BE & WE)
- Jama Mathison, Biology, Earth Science Teacher
- Jennifer Powell, YHS Counselor
- Melanie Fyken, Principal
- Heidi Savy, Fifth Grade Teacher
- Diane Schramm, Paraprofessional
- Kenneth Wuebben, Bus Driver

**10 Years Of Service**

- Beth Anderson, 7th/8th Grade Spanish
- Angela Becker, Middle School Library
- Nickoi Ciciarelli, School Psychologist/Behavioral
- Ryan Hage, Physical Education & YHS Keyboarding Teacher
- Lesley Hale, Counselor (LI & WE)
- Cheryl Hoffman, Custodial
- Christopher Hovden, Physical Education (LI, WE & YHS)
- Kimberlee Kappel, Paraprofessional
- Peggy Marquardt, Kindergarten Teacher
- Julie Needham, Food Service
- Michele Sangster, Food Service
- Paul Sangster, Maintenance Buildings & Grounds
- Kim Slomp, Bus Driver
- Brenda Spencer, Paraprofessional
- Cindy Stenstrom, Paraprofessional
- Kerry Svatos, Second Grade Teacher
- Catherine Walz-Kuhl, Paraprofessional
- Leasa Woodward, US Government and Sociology Teacher
- Denise Wubben, Secretary to the Business Manager

**5 Years Of Service**

- Jon Andersen, Maintenance - Buildings & Grounds
- Michelle Andrews, Sixth Grade Language Arts Teacher
- Angela Dooley, Paraprofessional
- Angela Hafner, Resource Room 2 Teacher
- Karla McDonald, Food Service
- Bruce Olson, Bus Driver
- Jodie Pederson, Paraprofessional

**1 Year Of Service**

- Angelina Anthony, Paraprofessional
- Susann Baker, Paraprofessional
- Raymonda Barnes, Paraprofessional
- Shelley Becker, Food Service
- Rebecca Corlew, 8th Grade Earth Science Teacher
- Todd Dvoracek, Assistant Principal
- Sheana Eggers, Language Arts Teacher
- Julie Esmay, Paraprofessional
- Sylvia Fedde, Elementary Library Assistant
- April Graham, Paraprofessional
- Carrie Haas, Accountant/Payroll Specialist
- Chris Haynes, Social Studies Teacher
- Brittany Jareske, Paraprofessional
- Jack Kyris, Bus Driver
- Drew Lawrence, Resource Room Teacher
- Kayla Loecker, Reading Recovery Teacher
- Cody Lukkes, Resource Room Teacher
- Teresa Martindale, Family and Consumer Science Teacher
- DeAnn McClure, Paraprofessional
- Rachel Mulder, Paraprofessional
- Martha Olesak, Paraprofessional
- Tiffany Richardson, Kindergarten Teacher
- Lori Rittenhouse, Resource Room 1 Teacher
- Donna Schmidt, Paraprofessional
- Debora Schmidt, Food Service
- Brandon Steffen, Paraprofessional
- Randall Steffen, Maintenance - Buildings & Grounds
- Jami Stevens, Paraprofessional
- Deanna Sudbeck, Lunch Room Supervisor
- John VerHeul, Study Hall Monitor
- Jane Viereck, Paraprofessional
- Amberlee Willcuts, Paraprofessional

**1 Year Of Service**

- Natasha Phillips, Primary Learning Center Teacher
- Carol Pickner, Food Service
- Robert Santiago, Head Custodian
- Margaret Stewart, Paraprofessional
- Becky Tasa, Librarian
- Luke Youmans, Resource Room Teacher

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**40th Wedding Anniversary**

Albert J. and Nancy Soukup of Springfield, SD will celebrate their 40th wedding anniversary on June 4, 2010. They have 8 children: Jennifer and Arron Podzimek, Wagner, SD; Brian and Becky Soukup, McCool, NE; Troy and Shirley Soukup, Wagner, SD; Jeremy and Susan Soukup, Des Moines, IA; Mona Soukup, Wagner, SD; Justin Soukup, Yankton, SD; Lauren Soukup, Springfield, SD; and TJ Soukup, Springfield, SD. The couple has 10 grandchildren. Greetings may be sent to 911 Walnut St., Springfield, SD 57066.

Mr. and Mrs. Albert Soukup

**KYNT Yankton's Home Team!**

**AM 1450**

**MORNING COFFEE**

**WEEKDAYS 7:40 AM MONDAY-FRIDAY**

**Thursday, May 27**  
7:40 Carmen Schramm  
8:15 Lisa Scheve

**Friday, May 28**  
7:40 Mike Dellinger,  
Yankton Economic Development

Yankton's Home Team!

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**Broken Pipes...Wet Walls... Flooded Basement...**

**DO**

- Stop the water flow if possible
- Remove as much excess water as possible
- Towel wood furniture, counter tops, etc.
- Relocate all knick-knacks, lamps, etc. to a dry safe place
- Use wax paper or wood blocks under furniture that cannot be relocated to a dry area
- Pin up draperies and upholstery skirts to prevent water circles
- Turn on your heating and/or air conditioning system, provided water has not entered the ducts
- Remove all non-color fast items like rugs, pillows, etc. and place in a dry area
- Remove all loose items on the floor to a dry area

**DON'T**

- Go near contaminated (sewer) water
- Use electrical appliances and outlets in wet areas
- Use your household vacuum to extract water
- Place wet items on any absorbent surface
- Turn on your heating and/or air conditioning system if water has traveled in or through the ducts
- Enter rooms if the ceiling is wet and sagging
- Leave absorbent materials like boxes, papers, pillows, etc. in the wet area
- Let children or the elderly enter the affected areas

**Steamway CLEANING & RESTORATION**

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**Certified Techs**

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**Speed. Power. Stamina. Agility.**

All of these can be improved at the Intensive Challenge Center of Avera Sacred Heart Hospital. Any athlete, from a football player to a gymnast, can benefit from intensive physical training. Under the guidance of licensed athletic trainers, you will be pushed to be your best physically.

**INTENSIVE CHALLENGE PROGRAM (AGES 14 AND UP)**  
June 14-Aug. 6  
Four workouts a week  
Register by June 4.

**JUNIOR CHALLENGE PROGRAM (AGES 10-14)**  
June 21-July 30  
Two workouts a week  
Register by June 11.

To register, pick up a form at Avera Sacred Heart Wellness Center or call (605) 665-9006.

**Avera Sacred Heart Hospital**