

## Rules On Evaluating Neb. Water Offered

LINCOLN, Neb. — The Nebraska Department of Natural Resources has released new draft rules and methods that it plans to utilize in its annual evaluation of availability of hydrologically connected water supplies. This annual evaluation is aimed at ensuring that streamflow water supplies for existing groundwater and surface water uses are protected into the future. The results of this yearly evaluation are highly valuable in supporting proactive planning efforts conducted by the state and local natural resources districts.

These new rules and methods are aimed at providing greater clarity on the basin water supplies and water uses across the state to facilitate more effective water planning efforts. Director Brian Dunnigan said, "These new rules and methods which have been developed over the last four years will serve to provide foundational information on Nebraska's water supplies and uses, thus allowing for more effective coordinated planning efforts across the state."

In an effort to address questions or comments related to the new draft rules and methods the Department has set up a sixty-day public comment period which will run through June 7. During this public comment period, the Department will hold several public forums across the state.

These forums will serve to answer questions related to the new rules and methods. These public forums will be held:

- Monday, May 13 — Norfolk and Valentine;
- Tuesday, May 14 — Scottsbluff and Kearney;
- Wednesday, May 15 — Beatrice;
- Thursday, May 16 — Lincoln.

The Department has also developed a web-portal to receive public comments related to the draft rules and methods. To view more information, the specific times and locations of these forums or to provide your comments on the draft rules and methods, you are encouraged to visit the Department's website at <http://dnr.ne.gov>.

Public hearings are anticipated to be held later this summer after public comments have been received with potential rules modifications to be finalized by the end of the year.

## Vermillion Library To Host Susan Dennard

VERMILLION — Vermillion Public Library will be hosting Young Adult author Susan Dennard on May 14. Dennard will spend the day visiting the Vermillion Middle School and Vermillion High School followed by an evening presentation at the Vermillion Public Library beginning at 7 p.m.

The "Deadly Day at the Library" event is free and open to the public. The evening will include a presentation by Dennard followed by a Q & A session along with a book signing. Dennard will talk about her path to becoming an author and how ideas for the trilogy developed.

Dennard is a writer turned marine biologist turned writer again. "A Darkness Strange and Lovely" is the sequel to her debut novel, "Something Strange and Deadly." The trilogy takes place in 19th century Philadelphia, and follows a young heroine, Eleanor Fitt, as she sets out to find her brother, who seems to have been captured by an evil necromancer in control of an army of "Undead"

This event is sponsored by the South Dakota Art Council, Vermillion Public Library Board, Vermillion Public School District and Maddie.TV.

## Freeman Academy Holding Open House

FREEMAN — Freeman Academy is hosting an informational open house for its Grades 1-4 Program on Tuesday, May 14, from 5-6:30 p.m. in Music Hall on the Freeman Academy campus.

Prospective students and their families are encouraged to attend. Mr. Goede, the Grades 1-4 instructor, as well as current parents will be on hand to answer questions about this unique educational opportunity.

Freeman Academy is a fully accredited private Christian school offering college preparatory education for students in grades 1-12. The Grades 1-4 Program is unique in that it is a one-room school house concept with an emphasis on project based learning. Registration materials will be available.

Space is limited in this program so early registration is encouraged. A light meal will be provided.

## May Is Mental Health Awareness Month

PIERRE — "Pathways to Wellness" is this year's theme for Mental Health Awareness month during the month of May. Mental Health Awareness month began in 1949 as a way to raise awareness of mental health conditions and mental wellness.

"Today, one in four American adults live with a diagnosable, treatable mental health condition," said Kim Malsam-Rysdon, secretary of the South Dakota Department of Social Services. "We partner with the community mental health centers, located throughout the state, to identify behavioral health needs and provide appropriate treatment to help both adults and children with the recovery process."

During the month of May, keep in mind these effective tools to use in supporting your own mental health and living life well:

- Connect With Others — connecting with family and friends to help decrease stress.
- Stay Positive — changing your thinking can change your life. Take steps to increase your optimism.
- Stay Active — exercise can make you happier and healthier.
- Help Others — providing help and support to others decreases stress.
- Get Enough Rest — Get 7-9 hours of sleep a night to support physical and mental health
- Take Care of Your Spirit — Take time to pray or meditate.
- Get Professional Help if You Need It — Do not hesitate to seek professional help.

There are community mental health centers located across South Dakota that provide mental health services. For more information, go to: <http://dss.sd.gov/behavioralhealthservices/community/centers.asp/>.

## MENUS

Menus listed below are for the week of May 6. Menus are subject to change without notice. All meals are served with milk.

### Yankton Elementary Schools

Monday — Pepperoni Pizza  
Tuesday — Chicken Sticks  
Wednesday — Nachos  
Thursday — Corn Dog  
Friday — Roast Turkey

### Yankton Middle School

Monday — Chicken Breast Sandwich  
Tuesday — Lasagna  
Wednesday — Nachos  
Thursday — Chicken Sticks  
Friday — Hamburger

### YHS A Line Menu

Monday — Chicken Sticks  
Tuesday — Nachos  
Wednesday — Stuffed Crust Pizza Dippers  
Thursday — Meatball Sub  
Friday — Chicken Noodle Soup

### YHS B Line Menu

Monday — Veggie Cheese Pizza  
Tuesday — Spanish Rice Casserole  
Wednesday — Baked Potato Bar  
Thursday — Broccoli Soup  
Friday — Tavern

### YHS C Line Menu

Monday — Beef Sliders  
Tuesday — BBQ Chicken Sandwich  
Wednesday — Turkey Hoagie  
Thursday — Ham & Cheese Sandwich  
Friday — French Bread Pizza

### Sacred Heart Schools

Monday — Chicken Nuggets  
Tuesday — French Toast Sticks  
Wednesday — Spaghetti  
Thursday — Sweet & Sour Chicken  
Friday — Taco In A Bag

### The Center — Yankton

Monday — Tater Tot Casserole  
Tuesday — Beef Roast  
Wednesday — Beef Tips & Gravy  
Thursday — BBQ Chicken  
Friday — Baked Fish

### Tabor Senior Citizens Center

Monday — N/A  
Tuesday — Cooks Choice  
Wednesday — Chili  
Thursday — Baked Chicken  
Friday — N/A

# This Car Has A Mind Of Its Own

BY TOM AND RAY MAGLIOZZI  
King Features Syndicate

Dear Tom and Ray:

I have a 2001 Dodge Neon with more than 150,000 miles on it. Until very recently, it's been an extremely reliable vehicle, and I've loved it. Lately, and at random times, however, the engine will not shut off — even with the key removed from the ignition and in my hand! I've already gotten a new key and replaced the entire ignition cylinder, but it happened again yesterday evening. Luckily, yesterday I was able to fiddle with the key a little bit and finally get the stupid thing to shut off. What could be causing this? At this point, the mechanics I've taken it to haven't been able to identify or fix the problem, and I can't find anything on the Internet. Each time it's happened, my local mechanic has disconnected the battery, which made the car turn off. After that, though, it runs perfectly for maybe a couple of months, until it happens again. Any idea what could be wrong?

—Grace

TOM: You're a lucky woman, Grace — you can't get your Neon to stop. Most of our customers with Neons can't get them to start!

RAY: You say you replaced the ignition cylinder. But that's just the locking mecha-



## CAR TALK

Tom and Ray Magliozzi

nism that the key fits into; it's not the ignition switch itself. So you easily could have a bad ignition switch.

TOM: But before you replace the switch, try replacing the ignition relay. Rather than have a huge amount of current running through the steering column to the ignition switch at your fingers, the ignition switch signals a power relay under the hood. It's that relay that actually sends current to the engine's computer, which enables the engine to

run. That relay could be faulty and sticking in the "on" position.

RAY: The relay probably costs 20 bucks, and it takes two minutes to replace. So start there, and see if that fixes your problem.

TOM: If not, then it's almost certainly the ignition switch, because there's really not much else that could cause this. But since replacing the ignition switch will cost you several hundred dollars, don't do that until you've ruled out the \$20 fix. Good luck, Grace.

Wait! Don't buy another car without the mechanic's checklist that's included in Tom and Ray's pamphlet "How to Buy a Great Used Car: Secrets Only Your Mechanic Knows." It will help you get a good used car and avoid the clunkers. Send \$4.75 (check or money order) to Used Car, P.O. Box 536475, Orlando, FL 32853-6475.

Get more Click and Clack in their new book, "Ask Click and Clack: Answers from Car Talk." Got a question about cars? Write to Click and Clack in care of this newspaper, or email them by visiting the Car Talk website at [www.cartalk.com](http://www.cartalk.com).

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# Veterans Care Focus Of Conference

BY SANDY STOCKHOLM, MPA  
Yankton Rural Area Health Education Center

After an emotional welcome home to South Dakota, returning combat veterans blend into the landscape as they carry on with civilian life. However, the invisible injuries of war are deep. Too often they go untreated due to a variety of factors including stigmas attached to seeking mental health treatment, a lack of such services readily available in rural areas or the tools to diagnose.

To combat these concerns, Yankton Rural Area Health Education Center (YRAHEC) joined forces with the Department of Veterans Affairs (VA) Sioux Falls to host the third annual Improving Combat Veterans Care: Post Deployment on May 21 at the University Center in Sioux Falls. Nurse care coordinator, Connie Bengston, RN, BSN, PHN, of the Minneapolis VA Hospital, is the featured speaker. She began work there in 2005 as a polytrauma nurse caring for seriously injured service members. Her training in-



Stockholm

cluded traumatic brain injury (TBI), blast injuries, and post traumatic stress disorder (PTSD). Even without the visible effects of war on their bodies, many service members returning home may carry emotional wounds. They have witnessed traumatic events during their deployment, which healthcare professionals, including rural providers, need to develop a better understanding of in an effort to improve care for America's veterans. Research indicates that about 1 in 4 or 5 veterans will return from war with some serious mental illness, according to a 2011 report from the Veterans Health Administration - Office of Rural Health (ORH). Also challenging rural healthcare, veterans may have unique conditions linked to combat including mild TBI, PTSD and amputation.

In 2012, YRAHEC, the VA and

the South Dakota Army National Guard collaborated to provide conference training to more than 160 healthcare providers. Conference objectives included understanding military culture, identifying the population to be served, discussing mental health issues, and identifying resources for veterans and their families.

To register for the May 21 conference visit, [www.yrahec.org](http://www.yrahec.org) or call the Yankton Rural AHEC at 605-655-1400. Psychologists, counselors, school, drug and alcohol, marriage and family, therapists, social workers, clergy, and health professions students are encouraged to attend. Registration is just \$25 for professionals and \$10 for students.

In 2008, RAND Corporation researchers found that about half of service members with PTSD or depression sought help in the past year. Of those, about half received minimally adequate treatment. Many do not seek treatment due to the worry that it would hurt their professional careers.

RAND researchers surveyed

1,965 people. Half of these veterans reported a friend who was seriously wounded or killed, 45 percent reported seeing dead or seriously injured non-combatants, and more than 10 percent said they were injured themselves and required hospitalization.

Approximately 6.1 million of the 22 million veterans in the U.S. live in rural areas.

"While the prevalence of mental health issues is no greater among rural Veterans than those from urban areas, they are less likely to receive adequate treatment due to lack of mental health providers and perceived stigma associated with mental health problems," according to the ORH report.

Sandy Stockholm is the Marketing/Data Coordinator for the Yankton Rural AHEC. She earned a Masters of Public Administration from the University of South Dakota and a BA in Journalism and Political Science from South Dakota State University.

# Celebration Honors USD Community With Awards

VERMILLION — Members of the University of South Dakota community were honored for their outstanding leadership and service at the 2013 President's Celebration of University Leadership on Sunday, April 21.

Sasha Ross of Vermillion was presented with the Rosa Louise Parks Award, which is awarded to a USD student who contributes to intercultural awareness, supports diverse activities and demonstrates positive interactions with others. Mary Lou Christopherson of Vermillion, a Program Assistant II for University Housing/Student Life, received the Vive Le Difference Award, which recognizes a Career Services Employee who supports and fosters diversity on the USD campus; and Gene Thin Elk, director of Native Student Services, was presented with the Dream Catcher Award as an individual — through his deeds or actions — who represent the principles of Dr. Martin Luther King, Jr., including social justice, equality and the preservation of King's "dream."

Marc Bury of Rapid City was presented with the Dave Lorenz Senior Leadership Award. Named in honor of Dave Lorenz, former Dean of Students at USD, this award is given to a graduating senior who has enriched campus life throughout his or her tenure. Jennifer Jones of Vermillion was presented with the Servant Leader Scholarship Award by the Gary and Judy Marx Endowment. This award, presented by the College of Arts and Sciences, is awarded annually to an undergraduate or graduate student for

understanding the obligations as citizens of a local community and a sense of responsibility as a citizen of the world and custodian of the planet.

Joe Erickson of Slayton, Minn. received the Office of Student Life's Community Spirit Award, awarded to a student whose work demonstrates a compassion for others through efforts in community service on a local, national or global level; and Brent Olinger of Emery, Brenan Tjelmeland of Blair, Neb. and Ashley Miller of Aberdeen, were honored with the Outstanding Leadership and Service Award from the Office of Student Life. Michelle Corio of Elk Point received the Outstanding Diversity Leadership Award while three students were honored as Unsung Leaders: Aris Rodriguez of Vermillion, Hanna McElroy of Sioux City, Iowa, and A.J. Meyer of Blairsburg, Iowa.

Erik Junso of Watertown was presented with the Service Learning Advocate Award, given annually to a student who exemplifies leadership in the doctrine of service-learning; and William Lewis of Pierre received USD's New Student Leader Award, presented to a first-year student who has become involved in campus or community activities. Elizabeth Beall of Vermillion received Community Advisor of the Year and Casey Coates of Rapid City was awarded the Rookie Community Advisor of the Year.

The School of Law honored Kristi Jones of Columbus, Neb., with the Student Bar Association Student Leadership Award while Suzanne Jones Pranger of Burke

was honored with the 2013 Leadership and Service Award.

Meghan McCauley-Loof of Vermillion and Samantha Hargrave of McCook Lake each received the law school's R.D. Hurd Volunteer Law School Society Outstanding Pro Bono Services and Leadership Award. Megan Hertz of Laurens, Iowa, Marissa Miller of Hartford and Joe Barth of Hazlet, N.J. each received the School of Education Outstanding Leadership Award. The School of Health Sciences awarded Student Leader Awards to Abby Tracy of Vermillion and Heather Bailey of Sioux Falls and Eric Wiedenman of Huron was the recipient of the Graduate Student Leadership Award.

Andrew Finzen (Phi Delta Theta) of North Sioux City was named Fraternity President of the Year and Kristin Wempe (Pi Beta Phi) of Mitchell was named Sorority President of the Year. Amber Groh of Vermillion, director of Sorority/Fraternity Life & Leadership, received Outstanding Advisor of the Year. Pi Kappa Alpha was the Fraternity of the Year while Kappa Alpha Theta was Sorority of the Year.

Three organizations were recipients of South Dakota Board of Regents Awards. The BOR Award for Organizational Leadership went to the Union of African American Students and received

by Taylor Moore of Milwaukee, Wis.; BOR Award for Academic Excellence was presented to the Panhellenic Council and the BOR Award for Community Service was awarded to Alternative Week of Off-campus Learning (AWOL).

Additional awards were presented to Nate Bucholz of Monroe for "Best in Show" Stillwell Art Competition; Stephanie Andell of O'Fallon, Ill. for the "110% Award" from University Libraries; Laci Paul of Vermillion for Most Dependable (University Libraries); Taylor Barstow of Omaha, Neb. received the University Library Assistant; Student Assistant of the Year; Brian Twenter of Sioux Falls and Joseph Rezac of Renner received the John W. Carlson Research Grant presented by the College of Arts and Sciences; Alyssa Marquardt of Canistota, Rosie Ahmed and Desirae Wiesler of Orient received the Dean Joseph H. Cash Award for Excellence in Writing; and Kendra Howard of Remsen, Iowa received the Student Ambassador of the Year for exemplifying true commitment to the Office of Admissions and university community.

Students recognized at the awards ceremony were nominated by peers, faculty and staff members. All students, undergraduate or graduate, were eligible for nomination.

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