

Bend

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He remembers The Island was used for an interesting kind of recreation when he was young. Sundays were a time for riding horses and The Island was a great place to visit. The water was never very high nor the channel very deep and horses could swim through to the island and even over to the South Dakota side.

“When I was young at home, we often drove a truck across the ice-covered river to visit an uncle up by Meckling who always had extra winter feed when we would run out,” said Hans as he gazed out a

window, but in his mind he was riding that horse once again.

“We use to call this area ‘The Island’ when I was young and it was owned by Jack Jones, a distant relative,” said Doug Jones, a native of Wynot, now living in Atlanta. “At that time, I understood Jack Jones Island to be several thousand acres. I used to go to the Island and spend a week or so every summer with Jack Jones and his wife. The island was mostly trees with a few small areas cleared out for farming at that time. Every night Jack (and I would go along) would drive his International pick-up out to the fields to shoot his shotgun in the air to scare the deer out of the corn. Jack didn’t work too hard at farming, but he dabbled in it. They had a few hogs, chickens and guineas.”

Woman Feared Kidnapping Suspect’s Prison Release

BY RYAN J. FOLEY
Associated Press

IOWA CITY, Iowa — The ex-girlfriend of a man suspected of kidnapping two Iowa girls this week worried that he would harm her and her family before his impending release from prison in 2011, citing prior sexual and physical abuse and threats, according to court records released Friday.

The woman once lived with Michael J. Klunder, who police believe abducted 15-year-old Kathlynn Shepard and her 12-year-old friend Monday as they walked home from school. Klunder committed suicide after the younger girl escaped, but Kathlynn is still missing.

His ex-girlfriend had a child with Klunder and they lived together in 1991, when he was arrested for two kidnappings and later sentenced to 41 years in prison. When seeking a no-contact order a month before his release from a work-release facility in February 2011, she alleged that Klunder had subjected her to “sexual trauma” and physical abuse during their relationship. He had pushed her into a wall, grabbed her by the throat, threatened her with a raised fist, punched a hole in the wall behind her head and threw her across a room, she said.

The documents also show that Klunder admitted having “a violent history,” but he denied abusing her and said he’d been rehabilitated.

The documents add more detail to Klunder’s violent past and show that corrections officials were aware of the woman’s concerns before he was released without supervision in 2011. Department of Corrections spokesman Fred Scaletta said Friday that officials helped the woman obtain a no-contact order but that there was little more they could do to protect the public when Klunder’s term expired.

Police said Klunder, 42, abducted Kathlynn and her friend in Dayton, a small town about 60 miles north of Des Moines, after asking if they wanted to make money mowing lawns. Investigators said he took them to a hog confinement building where he worked, but the 12-year-old girl was able to escape when Klunder took Kathlynn to another part of the property.

The search for Kathlynn expanded Friday to an area north of another rural Dayton property where Klunder hanged himself Monday. Investigators said they had new information suggesting he was driving in the area after the abduction.

But their hopes of finding Kathlynn alive were dampened Thursday, when authorities said her blood was found on Klunder’s truck and at the hog confinement site. Still, some 150 law enforcement officials and 200 volunteers continued searching throughout parts of three rural counties Friday, a spokeswoman said.

In the documents obtained Friday, Klunder admitted he was addicted to cocaine and had a violent temper when they lived together, but claimed his past did not reflect who he was today because he had received Christian-based treatment for offenders and surrounded himself with “positive people.”

He also said he had “no interest whatsoever to see, talk to, or have anything to do with” the former girlfriend, but that he wanted to mend his relationship with their son. In April 2011, Klunder agreed to an injunction that permanently barred him from contacting the woman but allowed him to see his son out of the woman’s presence.

With his prison sentence winding down, Klunder had warned the woman in September 2010 that he would soon be “coming for our son and would find him,” she said in court records. Klunder said that comment wasn’t meant to be threatening and was “misconstrued.”

Still, the manager of the work-release facility in Marshalltown where Klunder was living warned the woman that Klunder was going to be released without supervision in February 2011, and told her she should consider getting a no-contact order.

“She is fearful of him,” residential manager Jon Groteluschen wrote. “Now that he is back in the community and especially after he is off supervision he has the opportunity to harm (her) that he has not had prior to this time. I certainly can understand (her) concerns and feel that an order limiting his contact with her appears warranted.”

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Jones remembers the Joneses had a small two-bedroom house and an outhouse, and every couple days he would take a bath in an old wooden tub — unless, of course, he went swimming in one of the many lakes that bordered the Jones’ property. The water from the well was a little on the cool side.

The pigs, chickens and guineas were watered from the hand pump well in the side yard between the house and the barn, Doug Jones said, and it was one of his jobs when he visited. The house was located maybe 8 or 10 blocks from the river, and at the river, the couple had a small fishing/hunting cabin, small boat ramp and dock. The roads, which were dirt paths, were so overgrown that the path was hard to find.

The whole Jones family used to go there for picnics and swimming in the summer. Jones’ dad, Dick, had made a couple picnic tables and set them under huge cottonwood trees near one of the lakes. When the older children were teenagers, Jones and his dad rebuilt a wood boat for boating/skiing. They also cut their own Christmas tree every year from The Island.

Jones’ sister, Barbara Wieseler of Maskell, Neb., almost compared Uncle Jack and Aunt Edo’s life to a hillbilly existence — but when they eventually sold the property, they had a very nice house in town.

The Jones family didn’t realize there were others recreating upstream just like they were. It was a

very large lake area and on the west end, several other local families played in the lake without knowing of the lake-lovers on the east end. One of those families was the Ralph Wieseler family of St. Helena.

“My first memory of The Island was after a thrashing session with our neighbors,” said Darrell Wieseler, Ralph’s son. “When we were done for the day, we all headed to the lake to cool off and my neighbor put me on his shoulders and started wading into the water, telling me we could walk across the channel to the island.”

Wieseler was pretty young then but spent many summers water skiing with neighbors who shared a motor boat on the oxbow lake. He also remembers putting up

wood with his uncles because most locals had wood furnaces to heat their homes and the timber was thick down there.

Since the construction of Gavins Point Dam on the Missouri, the channel of the meandering river has changed and narrowed. Many have realized it is a force to be reckoned with but, as Hans pointed out, so much farm ground and crops were flooded and lost and valuable ground was washed downstream.

If the Corps’ plan materializes, The Island may in some way live again.

“We want to preserve existing native species like grasses and cottonwood trees and are looking at making it accessible for primitive hiking and nature lovers,” Filo said.

ASK THE EXPERTS

Comfort Care

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Hospice providers are no different than any other service providers. Whether it be plumbers, contractors, or any other service provider, everyone has their unique way of doing things. Should you need hospice services, you owe it to yourself to check into what each service has to offer and compare. Take the time to talk with Colette Broekemeier and ask what Autumn Winds Comfort Care has to offer. You will be glad you did.



605-689-0382
Yankton, SD



Steve Vande Kop,
Owner,
Autumn Winds
Comfort Care

Urological


Q Do I need a PSA? I'm confused about the value of a PSA.

A. The new AUA guidelines recommend the following:

1. PSA screening is not recommended for men less than 40 years old.
2. Screen men between ages of 40 and 54 if there is a positive family history of prostate cancer.
3. Screen men older than 70 if he has a good 10 to 15 year life expectancy.
4. The group who gets the greatest benefit from screening are the men between 55 to 69 years old.
5. If the initial PSA is normal and his Digital Rectal Exam is normal than it is OK to screen every 2 years rather than annually.

Hope this helps clarify the value of a PSA.

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




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

Family Medicine


Q Should I be concerned about West Nile?

A. West Nile virus is a mosquito-borne infection that can cause only mild flu-like symptoms or can cause a severe illness such as encephalitis. Encephalitis is an infection of the brain. Symptoms may include headache, high fever, stiff neck, disorientation, tremors, convulsions, weakness and paralysis. Symptoms may last for several weeks, although the neurological effects may be permanent. There is no human vaccine for West Nile. This time of year, you should try to reduce your risk of being bitten by mosquitoes in order to reduce your risk of getting West Nile. In addition to reducing stagnant water in your yard, make sure all windows and doors have screens, and that all screens are in good repair. Minimize time spent outdoors between dusk and dawn. Wear shoes, socks, long pants and a long-sleeved shirt when outdoors for long periods of time, or when mosquitoes are most active. Use mosquito repellent containing DEET, Picaridin, oil of lemon, eucalyptus, or IR3535, according to directions, when you are outdoors.

If you are experiencing concerning symptoms or have concerns related to West Nile, please schedule an appointment today at Lewis and Clark Family Medicine.



605-260-2100, 2525 Fox Run Parkway, Lewis & Clark Medical Plaza, Yankton




Matthew Rumsey,
Au.D. CCC-A


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.



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



Sheila Fitzgerald,
DC


Ear, Nose & Throat

Q Dr. Rumsey, I used to get a lot of earaches when I was little. Can this affect my hearing when I'm older? I seem to hear better out of my right ear, but if I remember correctly, my earaches always seemed to be in my left ear.

A. This is a good question that we get quite a lot. Although there are scenarios where earaches as a child can lead to permanent hearing impairment as an adult, usually it does not. It is interesting that you notice the ear that was most affected is also the ear with the greatest hearing difficulty. A comprehensive hearing evaluation would be the best way to determine the type, degree and potential cause of your hearing difficulties. There are three types of hearing impairments: conductive, sensorineural and a mixture of both conductive and sensorineural. A conductive hearing loss would be linked to earaches and ear infections and is best treated with medication or surgery. A sensorineural hearing loss is less likely to be linked to middle ear difficulties and is best managed with hearing aids. I hope that this has answered your question. If you need more information or would like to schedule a hearing evaluation, do not hesitate to call the office at (605)655-1220.

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

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Ear, Nose & Throat
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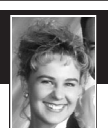
Matthew Rumsey,
Au.D. CCC-A

Fitness/Health

Q I just walk right now for my workout but I keep reading that strength training is important. Why?

A. Congrats on your walking routine but it sounds like this might be a good time to add to it some strength training to compliment it. Maintaining or improving your muscular strength is important at any age but it becomes even more so as we get older. Starting in your 30’s, unless you are doing something to maintain your muscle mass, you are losing it. Resistance training will help prevent that and in turn provide you with a multitude of health benefits including the following; increasing/preserving your muscle mass, increasing bone density and metabolism, reducing your risk of falls, improving your control of blood sugar, relieving arthritis pain, help you to maintain Independence, improve your mood and much more. It might sound overwhelming but your program doesn’t have to take long and it doesn’t need to be complicated. The staff at Avera Sacred Heart Wellness Center would be happy to direct you in a safe and effective program. It’s never too late to get started!

Avera Sacred Heart Wellness Center
501 Summit • 665-9006



Angie O’Connor
Clinical Exercise
Specialist

Podiatry


Q Cold Feet

A. During the winter, many people complain of having cold feet. Other people complain of having cold feet “even on the 4th of July!”

The causes of cold feet can be due to several different problems. Appearance of the feet can give a good indication as to circulatory problems. There are certain appearance changes to feet that would indicate a large vessel circulation problem versus small vessel circulation problems.


A good thorough physical examination of the feet and legs is performed first. The physical exam takes into account the physical appearance of the lower leg and feet to see if there are visible changes. Palpating the pulses is the physician’s way of assessing that blood flow is present in the lower leg in feet. The use of handheld Doppler ultrasound can be useful in the office if pulses are not easily palpable.

Non-invasive vascular studies test the blood flow from the upper thigh to the toes of the foot. These tests help the physician evaluate wound healing potential. Other more invasive exams would include an MRA (magnetic resonance angiogram) or a CTA (computed tomography angiogram) and would involve getting an injection of contrast dye to allow the vessels to be imaged.



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

Avera Medical Group
Podiatry
Yankton



Terence Pedersen,
D.P.M.

Pharmacy/Nutrition


Q Onychomycosis – fungal nail

A. Many patients ask how to get rid of unsightly fungal nail infections. The most effective treatment is oral antifungals. This is a prescription medication that you will need to get from your doctor and requires 6 to 12 weeks of treatment. Only about half of patients will have a cure and it still takes months for the damaged nail(s) to grow out. There are nail polishes, both by prescription and over the counter, that can be applied to the nail. These treatments treat around the nail, and do not penetrate the nail bed. Cure is highly unlikely. Another popular option is laser therapy. This will improve the appearance of the fungal nail, but can require multiple sessions. Laser therapy is usually not covered by health insurance.

The best preventative and possible recurrence is to keep feet clean and dry. One may need to apply an antifungal cream or spray regularly. If a person has excessive perspiration, powder can be applied to the feet, wear a cotton sock, or if need be, contact your doctor for a prescription medication that can be applied to the feet. If possible, rotate the shoes you wear daily. This will allow your shoes to dry out.



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