

Visiting Hours

Tips For Promoting Healthy Hearing

BY KENDRA NEUGEBAUER, AUD
Avera Medical Group Ear, Nose And Throat

Avera Medical Group Ear, Nose and Throat- Yankton Celebrates Better Hearing and Speech Month.

How often do you hear someone joke, "Oh, I don't have a hearing problem. It's just selective hearing?" What these people may not know is they may be experiencing symptoms of hearing loss. Signs and symptoms of hearing loss can go unsuspected for years before it is officially identified. Even when symptoms are acknowledged, it takes the average individual between 7-10 years before they actually have their hearing examined by a professional. Recent research suggests at least 1 in every 5 Americans possess some degree of hearing loss. This translates to over 34 million individuals experiencing some level of communication breakdown.

Hearing loss is not just an ailment of old age either! The Center for Disease Control (CDC) recently estimated that around 5.2 million children ages 6-19 years exhibit hearing loss directly related to noise exposure. Fortunately, noise-induced hearing loss is 100% preventable. Loud music, band instruments, noisy toys, firearms, farm equipment, and even fireworks can cause damage to our ears. Three simple precautions can be taken to protect yourself and others from harmful noise levels.

1. Turn down the volume.
2. Walk away from the loud noise or limit your time to dangerously loud environments.
3. Protect your ears by using earmuffs or disposable earplugs.

At Avera Medical Group ENT- Yankton, we encourage everyone to learn how to recognize dangerous noise levels that could impact hearing. In addition, we also recommend our patients have their hearing evaluated annually. Whether it is a visit to your local audiologist or a local community health fair, being proactive about hearing health and having your hearing screened could help detect hearing loss and preserve quality of life and communication for years to come. For children and teenagers, early identification of hearing loss could promote improved social interactions and academic performance.

No matter what your age, communication is the cornerstone to fulfilling our everyday life, as we are constantly connecting with friends and family. A breakdown in communication, specifically hearing loss, can interfere with relationships, causing depression, anxiety, withdrawal, and lower self-esteem. Don't let your hearing impact your relationships. There's no better time than now to take control of your hearing health.

Avera Medical Group Ear, Nose and Throat (ENT) - Yankton, Yankton Sertoma and the University of South Dakota Doctor of Audiology Department celebrate May as Better Speech and Hearing Month by promoting hearing health in our community at an annual hearing screening. If you currently have concerns for your hearing, the Yankton Sertoma Club will be hosting a free hearing screening event for the community at the Avera Pavilion from 1-4 p.m. on Wednesday, May 29, 2013.

Nominations Open For 2013 SDSU Awards

BROOKINGS — The Eminent Farmer/Rancher and Homemaker Committee is seeking nominations for SDSU's Eminent Farmer/Rancher and Homemaker Award Program.

This year marks the 86th anniversary of the program which was founded in 1927. The intent of this program is to recognize citizens for a lifetime of leadership and service.

The nominees should have made significant contributions to their community, state and nation; and should be known for giving unselfishly of their talent, time and leadership. There is no age requirement, but the nominees must be living. Husband and wife combinations may be nominated, but a separate nomination form is needed for each individual. Up to five letters of reference are also invited.

Official Eminent Farmer/Rancher and Homemaker brochures detailing the selection process and criteria and official nomination forms are available online at sdstate.edu/abs/honors/eminent.cfm. These forms are the basis for the selection process.

To request a brochure and form, contact Angela Loftness at 605-688-6732 or angela.loftness@sdstate.edu. All nominations must be received by June 1.

Send nominations to: EFRH Nominations; ATTN: Angela Loftness, Dean's Office, ABS College SDSU, Box 2207, Brookings, SD 57007. Or, they can be e-mailed to angela.loftness@sdstate.edu. The awards will be presented at SDSU on Sept. 20 by the College of Agriculture and Biological Sciences and the College of Education and Human Sciences.

If you have questions, contact Loftness at 605-688-6732.

S.T.A.R.S. Benefit Trail Ride Slated For June 2

NEWCASTLE, Neb. — Newcastle Saddle Club will sponsor a benefit ride for S.T.A.R.S., Inc. (Special Troopers Adaptive Riding School) on Sunday June 2, starting at 2 p.m. at the Turkey Creek Ranch, 58020 888 Rd., Newcastle, Neb. Turkey Creek Ranch is located north of Newcastle, Neb., or south 1 mile of the Newcastle/Vermillion bridge turn right and follow gravel road. Signs will be posted.

S.T.A.R.S. is a non-profit organization that improves the well being of individuals with physical, cognitive, emotional or behavioral challenges through therapeutic horseback riding, canine services and other animal-assisted activities.

Free will donation to ride your own horse through the beautiful scenic trails of Turkey Creek Ranch. The Saddle Club will provide an evening meal and there will be chances to buy raffle tickets for various raffle items being donated.

For more information, contact Stacy Pedersen at 712-239-5042 or stacy@scstars.org.

Yankton Community Library Kick-Off Day Set

Kick-off day for the Yankton Community Library's summer reading program is June 3. Reading minute packets and a calendar of events will be distributed that day and throughout the summer. Children may come in anytime that day, 9 a.m. to 7:30 p.m., to pick up their packets.

A puppet performance will end our kick-off event at 6:30 p.m. "DIG INTO: Diamonds, Dirt and Discovery!" — an interactive puppet theatre — features Lisa Laird as the puppeteer and is sponsored by the Friends of the Yankton Community Library. Attendees will learn a dance called the squirmly worm, as well as learning about geodes, diamonds, worms and toads.

Area children ages preschool through high school are invited to participate in the Yankton Community Library summer reading program. This year's theme is "Dig Into Reading!" Registration information can be found on the website, <http://yclib.sdln.net>, or at the library, 515 Walnut Street.

For more information, contact the library at: 668-5275.

Weather Challenges Shape Farmers

BY DR. MIKE ROSMANN

Awful weather, like we have endured much of the year so far, can make farming severely trying. We experienced one of the worst springs ever, with late snows and cold temperatures in the middle part of the continent, dry hot conditions in the West, floods in the Dakotas, and far too much rain in parts of the eastern Corn Belt and Southeast.

Many tornados have occurred already this year. There are early indicators of a stronger-than-usual hurricane season later on. As I write this on May 5, only about half the intended oats, spring wheat and hay legumes have been planted because the frost was late coming out or soggy conditions made ground preparation impossible.

A cattle producer in western Iowa whom I know has a 22 percent calf loss so far this year, due mostly to cold damp weather. He also blames not having enough feed for his cows after last year's hay ran out and the pastures were not yet growing.

What can a farmer or rancher do? We can't give up, given the need by many producers to pay for recent purchases of land and equipment. Moreover, people need the food farmers and ranchers produce.

We have been through tough times before. Read the 2006 book, *The Worst Hard Time*, by Timothy Egan or watch Ken Burns' latest public television production, *The Dust Bowl*, for accounts of hard—and often depressing—times due to weather.

Learning about the past can give us perspective about what we are dealing with currently. My father told my brothers and me as we were growing up how he temporarily became an electric and telephone lineman during the 1930s because winter and summer storms tore down transmission wires. He and



Dr. Mike
ROSMANN

other farmers helped the company crews with repairs.

Dad showed us his pair of high-topped boots with spikes clamped to the soles to jam into the wooden poles he climbed to reattach wires. Less than a decade later he bought the farm Marilyn and I live on, and paid for it in two years as corn prices rose to the equivalent of \$18 per bushel today. Food was needed to feed hungry people in Europe during the latter part of WWII.

We must have faith. I have written earlier about how essential core beliefs are to farmers (July, 2012) and how bad things happen to farmers (March 2013); this is about faith.

The dictionary definition of faith is to have complete trust in something, even if not proven. Faith is a belief.

Nearly every culture since modern man emerged has developed beliefs in higher forces than humans. Typically, they called these higher forces God. They figured God controlled nature, or they worshipped nature as God.

Sometimes preceding cultures devised elaborate and harsh rituals, even human sacrifices, to attempt to communicate with God, especially when unfavorable weather events occurred, such as droughts. They figured God wanted them to struggle and penance would earn God's favor. They could observe in all of nature surrounding them that life requires struggling.

Knowledge of the laws of nature and religious practices have advanced since the days

when ritual sacrifices were practiced. But we don't have enough knowledge—and never will—that our own inventions through science will get us through.

We have to ask for God's help. We have to believe this is what God intends. This is what faith is about.

Faith heals. It gives us courage. Faith is being able to say "I accept whatever is offered."

We can endure anything when we say and mean that. We become adaptable. It is a frame of thinking that has enormous strength. Faith that God will protect us, nurtures us.

It doesn't mean we quit trying to do what we know is useful to get us through tough times. It means we keep trying, for that is the implementation of faith.

When the rows of planted corn and other crops at last emerge in patterns that look like they belong on a quilt, it is testament that we have not been abandoned. Even if things don't materialize as hoped, being able to say "I accept whatever God offers," and mean it, has survival value. For sometimes, even more adversity follows when we think our trials are over.

There is a beautiful hymn that says "Be not afraid, for I am with you always." Replacing what we want with acceptance and openness to adversity, and generosity toward others who are struggling, are behaviors that enable us to continue on.

So don't be bitter or afraid that the weather adversities we are going through will harm us. They are meant for us to adapt and become better farmers. We aren't alone. A higher force is watching out for us.

Dr. Rosmann is a psychologist and farm owner at Harlan, Iowa. Contact him through his website: www.agbehavioralhealth.com.

Sponsored By Lewis And Clark Behavioral Health

SCHOLASTICS

MENNO

4th nine weeks Honor Roll

Roll of Excellence: 4.0 GPA

Seniors — Ashton Diede, Brittany Haberman, Allie Zanter
Juniors — Matthew Preszler
Sophomores — Abby Herrboldt, Caleb Preszler, Parker Schultz, Laura Wollmann
8th Graders — Courtnee Edelman
7th Graders — Megan Black, Paige Heckenlaible, Breanna Mehlhaf, Ashton Vaith
6th Graders — Justin Edelman, Logan Klautd, Easley Saylor

"A" Honor Roll: 3.6-3.99 GPA

Seniors — Nathan Ellinger, Shelby Huber, Shiloe Rich, Courtney Schaeffer
Juniors — Cheyenne Edelman, Christina Herrboldt, Emily Massey, Kelsey Walter
Sophomores — Devon Bloch, Natalie Fischer, Kaylee Kessler, Lindzie Vaith
Freshmen — Rylee Black, Carmen Dyk, Seth Friesen, Keely Rademacher, Andrew Schaeffer
8th Graders — Jordan Mehlhaf
7th Graders — Grace Abma, Hailey Fergen
6th Graders — Conner Edelman, Abby Fischer, Hunter Haberman, Kyle Munkvold, Kiara Nusz, Jaedyn Oplinger, Tess Oplinger, Devin Rich

"B" Honor Roll: 3.0-3.59 GPA

Seniors — Austin E. Herrboldt, Jason Mehlhaf, Hunter Westendorf
Juniors — Tyrell Bertsch, Austin Haberman, Madison Huber, Kylee Kessler, Nathan Kirschenman, Zachary Kotalik, Dylan Lehr
Sophomores — Kristin Fischer, Derrick Lehr, Dustin Lehr, Darin Mehlhaf, Nikki Weber
Freshmen — Brody Bierle, Jackson Diede, Logan Lehr
8th Graders — Marissa Buechler, Jacob Hertz, Dominick Lehr
7th Graders — Hunter Huber, Spencer Schultz
6th Graders — Samuel Bender, Trey Bohlmann, Hailey Handel, Brittney Massey

SECOND SEMESTER: 2012-2013

Roll of Excellence: 4.0 GPA

Seniors — Ashton Diede
Juniors — Matthew Preszler
Sophomores — Caleb Preszler, Parker Schultz, Laura Wollmann
Freshmen — Andrew Schaeffer
8th Graders — Courtnee Edelman
7th Graders — Megan Black, Paige Heckenlaible, Breanna Mehlhaf, Ashton Vaith
6th Graders — Easley Saylor

"A" Honor Roll: 3.6-3.99 GPA

Seniors — Nathan Ellinger, Brittany Haberman, Shelby Huber, Jason Mehlhaf, Shiloe Rich, Courtney Schaeffer, Allie Zanter
Juniors — Tyrell Bertsch, Cheyenne Edelman, Christina Herrboldt, Emily Massey, Kelsey Walter
Sophomores — Nikki Weber
Freshmen — Rylee Black, Carmen Dyk, Seth Friesen, Keely Rademacher
7th Graders — Hailey Fergen
6th Graders — Conner Edelman, Justin Edelman, Logan Klautd, Jaedyn Oplinger, Tess Oplinger

"B" Honor Roll: 3.0-3.59 GPA

Seniors — Austin Herrboldt, Hunter Westendorf
Juniors — Austin Haberman, Madison Huber, Kylee Kessler, Nathan Kirschenman, Zachary Kotalik, Dylan Lehr
Sophomores — Devon Bloch, Kristin Fischer, Natalie Fischer, Austin Handel, Abby Herrboldt, Kaylee Kessler, Caroline King, Derrick Lehr, Lindzie Vaith
Freshmen — Brody Bierle, Jackson Diede, Logan Lehr, Tara Spencer
8th Graders — Jacob Hertz, Dominick Lehr, Jordan Mehlhaf, Jacob Vaith
7th Graders — Grace Abma, Spencer Schultz
6th Graders — Samuel Bender, Trey Bohlmann, Abby Fischer, Hunter Haber-

man, Brittney Massey, Kyle Munkvold, Kiara Nusz, Devin Rich

Jamesville and Maxwell Colony

Roll of Excellence — Jesse Hofer
"B" Honor Roll — Julia Hofer, Jared Wipf, Kevin Wipf, Lorena Wipf, Rachelle Wipf, Tyler Wipf, Annette Wurtz, Bryan Wurtz, Larissa Wurtz

CREIGHTON UNIVERSITY

OMAHA, Neb. — More than 1,600 degrees were conferred during Creighton University's Commencement ceremonies held May 18 at CenturyLink Center Omaha. University President Timothy R. Lannon, S.J., presided at both ceremonies.

Area graduates included:
• Anne Schmidt of Yankton earned a Doctor of Nursing Practice degree.
• Matt Walters of Yankton earned a Master of Business Administration degree.

GAYVILLE-VOLIN

Spring 2013 Semester
High Academic Honor Roll (3.60 and above semester GPA)
HIGH SCHOOL — Dylan Andal, Zachary Anderson, Stephen Bergeson, Michael Blassi, Matthew Buckman, Genevieve Clark, Johnathan Guy, Rachel Haas, Jammie Hoffman, Viola Ishmael, Caroline Kuralie, Cassandra Lee, Miranda Mellegard, Kayla Miller, Rachel Pokorney, Hannah Ross, Brandon VanOsdel
JUNIOR HIGH SCHOOL — Dagny Anderson, Parker Bailey, Meghan Buckman, Sarah Buckman, Maren Buffington, Elianna Clark, Frank Cutts, Grace Dangel, Tara Doty, Samuel Hanson, Alexis Heier, Megan Hirsch, Alyssa Iiams, Wyatt Jorgensen, Cameron Jueden, Katie Lee, Laura Nelson, Maddison Nelson, Rachel Nickles, Grant Rice, Cade Rickford, Colbey Rickford, Brook VanOsdel

Academic Honor Roll (3.00 - 3.59 semester GPA)

HIGH SCHOOL — Shenona Banks, Kelia Barta, Saxon Bartos, Holly Bouza, Courtney Christopherson, Danielle Dangel, Bailey Gale, Mackenzie Gale, Nicole Guy, Shandra Hanson, DaNeila Jensen, Dillon Logue, Justin Logue, Kayla Nedved, Morgan Nielson, Samantha Olson, Vanessa Ryken, Rochelle Smith, Alex Taggart, Kyle Ulmer
JUNIOR HIGH SCHOOL — Jayden Engen, Traia Hubbard, Ralph Ishmael, Chandler Lee, Madisen Lee, Taven McKee, Destinee Riedel

Spring 2013 Semester - Perfect Attendance (no tardies or absences)

HIGH SCHOOL — Saxon Bartos
JUNIOR HIGH SCHOOL — Parker Bailey, Grace Dangel, Megan Hirsch, Traia Hubbard, Cameron Jueden, William Leggett, Rachel Nickles, Chase Petrik, Colbey Rickford, Kyra Ronke, Brook VanOsdel

SACRED HEART SCHOOL

Academic Rolls Fourth Quarter
2012-2013
FIFTH GRADE
Roll of Excellence

Campbell, Jada
Eichacker, Ryan
Fanta, Mary
Gokie, Hailey
Kouri, Cecilia
Kouri, Claire
Krajewski, Josephine
LeFebvre, Rose
Mines, Ivy
Salvatori, Carissa
Sandal, Parker
Schroeder, Madison
Vornhagen, Olivia
Woerner, Natalie
Wolfram, Payton
* — Straight A's

Honor Roll

Baker, Tayden

Bernatow, Brooklyn
Binder, Madeline
Bose, Keegin
Curran, Christian
Dayhuff, Billi Jo
Haahr, Anneliese
Heine, Morgan
Manning, Ava
Marsh, Jonah
Nelson, Grant
Payer, Justin
Strom, Jakob
Wuebben, Madison
Yaggie, Dylan

SIXTH GRADE Roll of Excellence

Becker, Abby
Dangler, Bryce
Geigle, Kellie
Jussel, Jess
Kusek, Noel
Lehl, Nick
McCarthy, Erin
Nguyen, Brian
Perakslis, Catherine
Reinhardt, Jessica
Schulte, Miranda
Shoberg, Anna
Vyborny, Sophia
Warriner, Olivia
Wenande, Courtney
Wubben, Madison
* — Straight A's

Honor Roll

Buechler, Morgan
Hacecky, Harlie
Hunhoff, Walker
Kolker, Emily
Kortan, Samantha
Lange, Tyler
Liebig, Olivia
Madson, Brooke
Medeck, Holly
Mueller, Evan
Peitz, Brandon
Sandal, Kendra
Sedlacek, Sydney
Woodmancy, Michael

SEVENTH GRADE Roll of Excellence

Baker, Shiann
Benoit, Adele
Bent, Max
Budig, Kate
Cordell, Madie
Dvorak, Evan
Eichacker, Nathan
Fejfar, Megan
Fitzgerald, Tanner
Fortner, Ethan
Frick, Savannah
Hicks, Holly
Knoff, Anne
Mines, Holly
Paulsen, Quinn
Rafferty, Trevor
Schroeder, Jack
Specht, Cameryn
Vavra, Carly

Wolfram, Jack
* — Straight A's

Honor Roll

Barger, Dillon
Callahan, Brendan
Dangler, Brady
Garcia, Mimi
Jensen, Lauren
Kreitzinger, Matthew
Schild, Koby
Smith, Maddie

Merit Roll

Cass, Tori
Lange, Trevor
Rockne, Hunter
Yaggie, Storm

EIGHTH GRADE Roll of Excellence

Becker, Courtney
Bent, Keeli
Bisgard, Sophie
Brockberg, Avery
Buttolph, Emily
Cwach, Blake
Hauser, Katie
Heine, Belle
Kanally, Samantha
Katterhagen, Kate
Kouri, Sophie
McDonald, Haley
Mueller, Tasha
Rezac, Alexis
Rezac, Kristen
Rezac, Lauren
Rucker, Rachel
Ruffinott, Rose
Schroeder, McKenzie
Shuey, Brandon
Stephenson, Nate
Wubben, Morgan
* — Straight A's

Honor Roll

Becvar, Cheree
Bray, Steven
Cameron, Hunter
Carda, Lucas
Kathol, Jordan
Kennedy, Kolbi
Kortan, Dylan
Liebig, Kyra
McDonald, Shannon
Mueller, Nicole
Payer, Jordan
Schild, Keely
Schwartz, Stephanie
Shoberg, Natalie
Warriner, Jacob
Wenande, Drew
Wintering, Miranda

Merit Roll

Heine, Michael
Hunhoff, Kendra
Vornhagen, Trentin
Welter, James
Wintz, Josh
Zimmerman, Courtney

Kelly Ann Kortan

Jan. 11, 1964-Aug. 14, 1988

Jenni Ann Kortan

Feb. 27, 1984-Aug. 14, 1988

Ashli Ann Kortan

Oct. 7, 1986-Aug. 14, 1988

Nicole Lynn Saylor

March 12, 1982-Aug. 14, 1988

Some people come into our lives and quickly go. Some stay awhile and leave footprints on our hearts, and we are never ever the same.

Dorothy Saylor, Terry, Robin, Darrel, Sandra & Family

Stanley Woods

October 4, 1950-April 12, 2013



Though out of sight, you'll forever be in my heart and mind.

Shirley, Todd, Joleen, Trevor, Amanda, Savannah & Isiah Lucas, Olivia, Alexis

ACCELERATION & CHALLENGE PROGRAMS



Push to be your best. Our programs are designed to help participants reach their optimal potential with a focus on fitness and wellness. We offer programs for ages 10-18 years old, from the beginner to the elite level.

Junior Acceleration & Challenge Program

Ages 10-14 Fee \$75 June 17-July 26
2 sessions per week, 6 weeks, 60 minutes per day

Intensive Acceleration & Challenge Program

Ages 14-18 Fee \$150 June 10-August 2
4 sessions per week, 8 weeks, 90 minutes per day

Participants receive FREE membership to Avera Sacred Heart Wellness Center & Yankton Summit Activities Center during program!
Register at Avera Sacred Heart Wellness Center or call (605) 668-8357.

COUPON

8 Rides for \$10

Additional coupons available from mall merchants

1 Ticket Per Ride - except Zipper (2)

YANKTON MALL

DC Lynch Shows

Spring Carnival

May 23th – 29th

Avera
Sacred Heart Hospital