

## Tempo Classic Champs



**This Yankton squad won the U-10 boys' gold division at the Tea Tempo Classic earlier this month. Team members include (front) Alexander Nockels, Jacob Kirchner, Will Pavlish, Ashton Christ, Ethan Yasat, (back) coach Deniz Yasat, Zach Hebdia, Zach Loest, Robert Schaefer and coach Josh Pavlish.**

## MMC Classic Champs



**The foursome of Yavonne Slowey, Sandy Brandt, Deb Gubbels and Lori Ibarolle won the women's division of the 30th annual Mount Marty College Golf Classic on May 14. The team scored a 73. Deb Fischer-Clemens, Peg Eich, Jolene VanMetre and Diane Mulloy (not pictured) finished second at 75. Proceeds from the annual event provide support for student scholarships, academic resources and campus improvements at Mount Marty College.**



**The foursome of Bert Olson, Mark Kahler, Msgr James Andraschko and Rod Fieldsend won the men's division with a 62. John Frank, Matt Frank, John Sternquist and Michael Pietila finished second in the event, also with a 62.**

## City Hoops Champs



**Dahlin Drywall won the Yankton Parks & Rec women's basketball post-season tournament. Team members include (front) Tara Portillo, Brittany Orr, Morgan Zavadil, Carissa Wieseler, Erica Stanley, (back) Tiffany Panning, Ashley Olivier, Aamy Drotzman and Wendy Zimmerman. Not pictured are Rachelle Pinkelman and Cassie Arens.**

## Boats Reminded To 'Clean, Drain And Dry'

COLUMBUS, Neb. — Invasive species may sound like a zoo exhibit, but for recreationalists, municipalities and power companies, such aquatic life can wreak havoc. They can cause serious problems when they infest rivers, lakes, and water systems used by power companies, cities, and boaters.

Vacations have started, and the Nebraska Public Power District, in conjunction with the Nebraska Game & Parks, has a request for recreationalists planning to enjoy several days on the state's waterways: be aware of invasive species, such as zebra mussels and Asiatic clams, which can attach themselves to boat motors, bait buckets, etc., and make their way from one body of water to another.

Once transferred, they can attach themselves to pipes or other structures, damaging boat motors and reducing the ability to draw water into a facility, like a water treatment or power plant, which uses water for its operations. In addition, zebra mussels multiply at a rapid rate. An adult female zebra mussel can release up to a million eggs in a year, compounding the problem.

For NPPD, aquatic invasives could impact the operations of Gerald Gentleman Station at Sutherland Reservoir, the North Platte Hydroelectric Facility on the reservoir of Lake Maloney, and Cooper Nuclear Station along the Missouri River.

"Millions of dollars have been spent in other parts of the United States at similar facilities to unclog intake structures of invasive species," NPPD Environmental Manager Joe Citta explained. "We have been fortunate so far, but we need boaters to be aware of the potential for aquatic hitchhikers."

The best way for boaters to address the spread of zebra mussels is to check their boats and equipment for these invasive species and remove any visible mud, plants, fish, or animals.

Boaters should clean, drain, and dry all equipment that comes into contact with the water, including trailers. If there is a place for water to collect, there is a chance zebra mussels or other similar invasive species may be transported. Boaters should drain bilges and live wells in their boats, power-wash the boat, motor, and trailer to scour off invisible juvenile mussels, and if unable to be drained, use a cup of bleach to kill any live mussels. It is also a good idea to dry the boat for several days before its next use.

These tips for prevention are available through the Nebraska Invasive Species Project at <http://neinvasives.com> and more information can be found on the Nebraska Game & Parks website, <http://outdoornbraska.ne.gov/conservation/Invasive-Species/index.asp>.

## Seattle Releases 6th-Round Pick

RENTON, Wash. (AP) — The Seattle Seahawks have released sixth-round pick Garrett Scott after a rare heart condition was discovered during his physical with the team.

The Seahawks announced Scott's release Friday. The offensive tackle was taken with Seattle's second sixth-round pick in the NFL draft earlier this month out of Marshall. Scott was released with a

"non-football illness" distinction. According to a statement from general manager John Schneider, Scott was found to have a heart condition that would prevent him from any on-field participation in the near future. Schneider said the team will continue to support and help Scott in whatever steps he wants to take going forward.

# ASK THE EXPERTS

## Dry Cleaning

**Q** What are some common stains that you can remove?



Jane Rhoades

**A** Three common stains that come to mind immediately are gum, wax and cooking oil. All three of these are soluble in drycleaning fluid. The next time junior gets gum on his pants, don't panic. Spilled wax on a tablecloth is not the end of the world. Frying bacon in your favorite sweatshirt is not a disaster. Bring them to us and we will restore them to prestained condition. Just remember, the more you help, (try to get it out yourself), the harder it becomes to remove the stain.



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## Funeral & Cremation

**Q** Do a lot of people price shop for a funeral or cremation?



Jim Goglin

**A** No. Hardly anyone checks prices when they need funeral services. That's why people should plan ahead. A funeral is one of the largest major expenses in a person's lifetime. The cost of an average traditional funeral is now more than \$10,000 and that number rises every year. Of course, not every one wants a traditional funeral. Eliminating services that aren't important to you can reduce your overall costs. Shopping around before the time of need will allow you to find a funeral or cremation package that suits both your needs and your budget. Knowing what is available and checking prices ahead of time can save you a lot of money. For example Direct Cremation in our area alone goes from \$1995 up to \$3775, for the exact same service! Preplanning will also eliminate the stress on your loved ones and allow them to focus on grieving their loss without having to make major decision about the service. Do yourself and your family a favor and start shopping around today.

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## Family Medicine

**Q** Should I be concerned about West Nile?



Jeffrey Johnson, M.D.

**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.



(above information obtained from the SDDOH)  
2525 Fox Run Pkwy., Lewis & Clark Medical Plaza, Yankton • 260-2100

## Chiropractic

**Q** Why does chiropractic use nutrition?



Sheila Fitzgerald, DC

**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

## Ear, Nose & Throat

**Q** Dr. Rumsey, even though I have hearing aids, I still seem to struggle while on the telephone. Is there anything available to help me hear better on the telephone?



Matthew Rumsey, Au.D. CCC-A

**A** This is a great question. Several of my patients report the same difficulties regardless of the severity of hearing loss. One helpful solution we can offer is an amplified telephone which range in price from \$40.00 to \$300.00. South Dakota and Nebraska have distribution programs, which provide funding for qualified individuals to purchase amplified telephones. I would be happy to help you through this process. It is very simple. First we have to test your hearing to confirm you are a candidate. Once we have completed the test and confirmed you are a candidate I can help you fill out the appropriate paperwork. Call (605) 655-1220 to schedule an appointment if you want help applying for this program or any other hearing related programs.

David Wagner, M.D.  
Matthew Rumsey, Au.D., CCC-A  
Kendra Neugebauer, Au.D., CCC-A  
Professional Office Pavilion,  
Suite 2800, 409 Summit, Yankton  
665-6820 • 888-515-6820 • [www.yanktonent.com](http://www.yanktonent.com)



## Fitness/Health

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



Angie O'Connor  
Clinical Exercise Specialist

**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!



501 Summit, Yankton • 668-8357

## Podiatry

**Q** What is a Podiatrist?



Terence Pedersen, D.P.M.

**A** A podiatrist is a foot and ankle surgeon, who spends a great deal of time focusing only on foot and ankle pathology including but not limited to: fractures, ulcerations, sport-related injuries, tendon injuries, heel pain, bunions, and hammertoes, etc. Podiatry focuses on the biomechanics of the foot and ankle following an injury or surgery and will provide orthotics, if indicated, to help accommodate the foot to prevent further injury. At Avera Medical Group Podiatry, we are able to cast for custom orthotics here in the clinic. We are also fortunate enough to have an orthotist come to our clinic three times a month if bracing or special orthotics are needed. Podiatrists are required to complete four years of Podiatric Medical School (after four year undergraduate degree) that covers basic and clinical sciences such as whole body anatomy, pathology, biochemistry, surgery, pediatrics, pharmacology and general medicine identical in length as Osteopathic and Allopathic Medical Schools. The difference is podiatrists are given intensive foot and ankle specialty specific education beginning in the first year. Following four years of Podiatric Medical School, a three year surgical residency is required that focuses specifically on the foot and ankle.



To be continued next month.  
Avera Sacred Heart Hospital Professional Office Pavilion  
409 Summit St., Ste. 2600, Yankton • 668-8601

## Pharmacy/Nutrition

**Q** What do I need to know about ticks?



Shona Jussel  
Hy-Vee Pharmacist

Ticks are most common in the months of April through September. The major concern with tick bites is the various bacterial and viral infections that can be spread. If you receive a tick bite and develop a fever, rash or flu-like symptoms within a month, you need to be seen by a doctor. Ways to prevent tick bites include wearing light colored clothing so that ticks can be easily seen and removed, wearing long sleeves and high boots, and tucking pants into socks. Insect repellents with at least 20% to 30% DEET can be used on the skin and clothing. DEET does not kill ticks, but it does repel them. Natural repellents include mixing a dose of sunscreen with 10 drops of eucalyptus oil and applying it to the skin. Also be sure to check for ticks at the end of an outdoor day and shower within 3 hours. If you do find an attached tick, grasp the tick firmly and close to the skin with a fine-tipped tweezers and pull upward with slow, steady pressure, being careful to remove all of the tick. After the tick is removed, disinfect the bite area with rubbing alcohol, iodine or soap and water. Removal of a tick with other methods, such as fingernail polish, Vaseline or a hot match head or not recommended.



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