

Of The Outdoors | Gary Howey

Minn. Governor's Deer Opener

BY GARY HOWEY
Hartington, Neb.

The cold weather had arrived in northern Minnesota, just in time for the Minnesota Governor's Deer Opener where Team Outdoorsmen Adventures member Larry Myhre and I would take part in the Governor's Deer Opener. The event, headquartered out of Bemidji Minnesota's new Comfort Inns & Suite by Carlson and the Sanford Center.

The event was sponsored by the Minnesota Tourism, Minnesota DNR, Minnesota Deer Hunters Association and the community of Bemidji.



Gary HOWEY

At the event, local hunters hosted members of the media; I was fortunate to have the opportunity to hunt with the John Meyer, his sons Jon and Chris, Mike Mc-Niel and Spencer Hill at the Bears Lair near Puposky, north of Bemidji. The Bears Lair, a first class pheasant preserve is located in the Buena Forest Area twelve miles north of Bemidji. The 180-acre property is located on a two and a half mile peninsula, surrounded by Puposky Lake.

The sloughs, cattails and hardwoods create excellent habitat, which means all species of wildlife are attracted to the area.

I arrived the afternoon before the opener, given the grand tour of the Lair, where the log cabins and other buildings are beautiful and well equipped, with everything you would need and a lot more.

Once I was settled in, we took a tour of the area, familiarizing me with how things laid out. Their deer houses had heaters, comfortable seating shooting windows. The house I would be in even had a deck with a barber chair where with comfortable temperatures I could hunt outside on the deck. The house was situated along a road with a corn food plot on one side and a rape planting to my left in a wooded area.

Another hunter would be in a house just down from me off to the right overlooking a swamp, while the others were in similar houses or tree stands spread throughout the property.

Once we all knew where we would be setting opening morning, we worked our way back to camp, making the turn into the Lair, we spooked a doe and two fawns which bolted across the road.

We hoped it was a good sign of things to come on tomorrow's hunt, with the deer cooperating, and making an appearance out in front of our tree houses and stands.

That night we spent time in the lodge, ate lunch, and where I was taught the finer points of pool and shuffleboard!

In was O'Dark-30 and cold as I crawled out of bed and joined the rest of the crew for breakfast where each of us layered in heavy clothing, not sure just how cold it would be. We finalized the hunt, climbed into the pickups and headed out to await the dawn, first light and the opening of the Minnesota Governor's Deer Hunt. Mike dropped me off along the road and proceeded to his deer house overlooking the swamp, where I, as quietly as possible made my way up into the stand where I fired up the Coleman heater, opened up the windows, making myself comfortable as I awaited legal shooting hours.

The house warmed up nicely and it was not long before I started shedding clothes while keeping an eye on the clock and the food plots.

Finally, legal shooting time arrived, using my binoculars, I checking the field to the south where I, hoping to see a deer in the early morning darkness near the food plot. It was not too be, as only the food plot and tree line were visible. Turning to my left, I scanned the tree line, squinted hard, looking through my binoculars at the trees coming into the food plot, out of the haze, there it was, what appeared, to be a deer. In the early morning light, your eyes can play tricks on you, so I brought my rifle up to verify what I was seeing.

As I brought my rifle up, the nervous doe raised her head, catching the movement in the deer house, causing her and the two fawns to dart back into the trees.

Well, I had hoped to see a deer on opening day, but it was not the way I had pictured it. As I always say, we have to leave a few deer for seed.

I kept glancing back and forth from the corn plot to the rape planting, when I detected movement on the outside edge of the corn. A coyote had made its way out from the trees, nosing in the grass, for the mouse hidden there. Once located, he went high in the air, pouncing on the mouse, trotting off with his prize, back into the trees where he would have his breakfast.

Time passes slowly when you are in a deer house or stand: until it happens and when the first shot and then a second rang out across the field from the house just east of me, I bolted to attention, thinking perhaps Mike had missed and I might get a shot at the fleeing deer.

When nothing appeared in the field, I relaxed, keeping an eye in the direction where I had heard the shot. Then, I saw hunters orange as Mike worked his way out into the trees.

He had obviously connected with a deer and I climbed from my stand, anxious to see what he had gotten or if he would need help tracking the deer.

Making my way through the food plot, up over the knob and down into the trees, I could see the glint of the buck's rack, with Mike kneeling alongside it. It was a four by four buck he had watched for quite some time before deciding to take it.

It would be the only deer taken while I was in the Bears Lair that day, but not the last as the two boys both tagged does on opening weekend.

It was an exciting weekend for both Larry and I even though we had not tagged deer, as we had enjoyed time in the outdoors near Bemidji, in Minnesota's beautiful North Woods.

For more information on the Bemidji area and all it has to offer, check out bemidji.org

midji.org

Gary Howey, Hartington, Nebraska, is a former tournament angler, fishing and hunting guide. He is the Producer/Host of the award winning Outdoorsmen Adventures television series, seen in the Yankton area on local channels 2 & 98 Saturday at 6:30 pm and Sunday@ 7:00, on KTTM/KTTW-TV Fox-Sioux Falls and Huron at 6:30 am

Saturdays and on the MIDCO Sports Network Thursday at 5:30 pm and Sunday at 10:00 am. He and Simon Fuller Co-Host the Outdoor Adventures radio program on Classic Hits 106.3, ESPN Sports Radio 1570 in Southeastern South Dakota and Northeast Nebraska. In Northwest Iowa, it airs on KCHE 92.1 FM. If you are looking for more outdoor information, check out www.outdoorsmenadventures.com.

ASK THE EXPERTS

Dry Cleaning

Q I heard that the alterations lady at Vogt's Fine Cleaners was retiring. Is that true?



Jane Rhoades

A. As a matter of fact, it is true. Our alterations person, Valon, has told us she will be retiring on December 18th. We will miss her terribly but we all hope to get the chance to retire someday. For the time being, after she leaves us, we will not be doing many repairs or alterations. I will be looking for someone to replace her but am sure it is going to take a while to find the right person and teach them how we like things done. In the mean time we will have referrals for our customers with repair and alteration needs.



320 Douglas, Yankton • 665-2024
Mon.-Thurs. 7:30-5:30pm, Fri. 7:30-5:00pm

Funeral & Cremation

Q What is a private funeral? Would it be a breach of funeral etiquette to attend without an invitation?



Jim Goglin

A. A private funeral service is one that is closed to the public. Attendance is by invitation only. So unless you received a request from the family please do not attend. It would be considered intrusive and bad etiquette. However, you could phone the family and offer condolences or send a card or flowers.

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Family Medicine

Q What is atherosclerosis?



Jeffrey Johnson, M.D.

A. Atherosclerosis is the most common disease process in the United States. It leads to the number one killer of Americans and that is Heart Disease. Heart Disease, stroke, etc are all related to a common process and that is atherosclerosis. Atherosclerosis is the process by which the build up of cholesterol plaque occurs within and on the artery. Arteries take oxygenated blood away from the heart to the organs. If there is inflammation present in the artery this will cause oxidation. Just like a car rusts in exposed weather over time it is a very similar process that occurs in the artery. This causes inflammatory cells to engulf cholesterol and thus starting the process of atherosclerosis. Left over time to continue eventually the artery becomes blocked and the process of atherosclerosis has done its job.

There can be end organ damage due to decreased blood flow or the artery plaque can rupture causing a blood clot. If this occurs a stroke or heart attack will occur. Keep in mind that this process can occur anywhere in the body. If you have had a heart attack you are at risk for stroke because if you have atherosclerosis in the heart arteries you will also have it in the brain and anywhere else there are arteries.

If you have any questions on how we can help you lower your risk we are happy to see you at Lewis and Clark Family Medicine.



2525 Fox Run Pkwy., Lewis & Clark Medical Plaza, Yankton • 260-2100

Chiropractic

Q Why do I get back pain when I exercise regularly?



Sheila Fitzgerald, DC

A. A good percentage of my patients work out with walking, yoga, boot camps, jogging, etc., and some of them diet while exercising. They take care of themselves, and yet they get back pain. If the back pain has affected their activity, I let my patients know that it is better to vary their training, rather than focusing on one or two things. They can use the rule of the 'littles'. It is better to do a little flexibility work, a little resistance training, a little cardio, a little nutrition and a little brain exercise than to immerse in one or two fitness disciplines for 30 minutes daily. I also advise a little more sleep and a little less stress. When statistics show that 10-25% of degenerative aging is due to genetics, that means the 75-90% of aging is under our control. Chiropractic adjustments help restore function of the systems to address back pain, aging and wellness to keep you on track.



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

Ear, Nose & Throat

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



Matthew Rumsey, Au.D. CCC-A

A. We hearing this question frequently. 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
Kendra Neugebauer, Au.D., CCC-A
Professional Office Pavilion,
409 Summit, Yankton
655-1220 • 888-515-6820 • www.yanktonent.com



Fitness/Health

Q I will be really busy for the holidays and won't have much time to exercise. Will short sessions really be ok?



Angie O'Connor, Clinical Exercise Specialist

A. Yes! Recommendations from several well recognized health organizations, including the American Heart Association, have suggested that ten minute sessions of exercise that add up to approximately 150 minutes per week can provide you the same health benefits as those longer sessions. The sessions need to be at least moderate in intensity, however, and no less than ten-minutes at a time. Since there are 10,080 minutes in a week, committing 150 to your health should be easy! No excuses this holiday season. Take ten for yourself and get a jump on the new year.



501 Summit, Yankton • 668-8357

Podiatry

Q I have heel pain. What kind of shoe inserts do I need?



Terence Pedersen, D.P.M.

A. Heel pain is a common problem seen in podiatry, and non-surgical treatment options for heel pain can be confusing. One of the many treatment options for heel pain is shoe inserts or orthotics. Many patients spend hundreds of dollars on inserts, and the majority of the time it is not the correct insert to treat the problem. This can be frustrating for the patient as well as the treating physician. So what kind of insert do I need and why? The best option is a rigid/firm insert to help support the arch of the foot and the ligament within the arch called the plantar fascia. An insert that you can fold and bend in your hands is not going to provide enough support for the arch or that ligament.

Another common misconception is you need more cushion for your heel to provide pain relief. This is not necessarily true. Again it's supporting that ligament in the arch that will help prevent re-irritation of that ligament with each step. Adding too much padding may actually increase irritation where the ligament attaches to the heel, thus prolonging symptoms.

Overall there are several different treatment modalities for heel pain with the correct type of insert just being one of the many options available. If you have heel pain, it is important to see your local podiatrist for evaluation to ensure a quicker recovery.



Avera Sacred Heart Hospital Professional Office Pavilion
409 Summit St., Yankton • 655-1200 • 877-256-8973

Podiatry Yankton

Pharmacy/Nutrition

At Home Medication Errors for Young Children

Kim Kortje, Pharmacy Director

When children are sick, we look for a way to comfort them. The last thing we want to do is harm them, but medication errors are common among young children. Most of the medication errors come from giving the child medication twice. It is very important to communicate with all care givers the last time medication was given and when it is scheduled next. Another common mistake is giving the child the wrong dose. Make sure to always read medication labels and follow according to age and weight. If the medication does not specify, always talk to a doctor or pharmacist before giving any medication. Measuring medication incorrectly is another error often made. Double check the units that are to be measured out and verify that your measuring device can measure units that are needed (i.e. teaspoon or milliliters). It is always best to plan ahead so when your child gets sick you are prepared.



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