

Visiting Hours

# Massage Therapy Key To Living Healthy Life

BY JULIE J. AMSBERRY  
Massage Therapist

You've heard it before, or maybe even said it yourself; massage is all about pampering yourself. And what's wrong with that? We live in a country where our employers expect a minimum of 40 hours of work each week. Either we're on our feet running all day long or sitting in front of a computer. Then we go home and help our kids with homework or run them to soccer, dance class, archery club or church. We make dinner, do laundry, yard work or house repairs. Then we often volunteer for the PTA, or teach Sunday school, or clean out our neighbor's gutter, or work on various committees, or spend time with an ailing friend or family member. And then, if we are lucky, we get two whole weeks off a year to rest...but if you're like me, vacation is rarely restful.

If you think of your body like it were a car, how much gas would you have left after all that work? It's important to fill your tank and take care of your car. Likewise, if your body's broken down and tired, how can you give the very best of yourself to your employer, coworkers,

friends, or family?

Massage therapy has many incredible benefits. Naming just a few; it lowers blood pressure, relieves muscle tension, increases blood and lymph circulation, improves skin conditions, relieves achy joints, enhances range of motion, and boosts focus and concentration, and therefore, productivity. Most importantly in this age of endless work hours, meetings, and constant motion, it gives you the opportunity to set everything down for an hour and take a breath. Of course, the to-do lists and appointments will all be waiting for you, but the load will feel much lighter and be more manageable once you refuel.

Be good to yourself! Don't wait until you're running on empty...refuel regularly to prevent major break downs like injuries, pain, or illness. You deserve to feel good, and when you do, you'll better serve yourself and those around you.

Julie Amsherry has been a licensed massage therapist for 5 years. She is a Professional Member of the American Massage Therapy Association. Julie sees clients at Avera Sacred Heart Hospital in Yankton. For an appointment call 668-8376.

# A Priceless Hunting Adventure

BY DR. MIKE ROSMANN

With pheasant hunting season approaching soon, I was reminded of an excellent adventure that took place on the Friday after Thanksgiving, 2006.

Marilyn and I had a houseful of guests for the holiday: our daughter and son-in-law from Salt Lake City, our son, Jon, and his girlfriend at the time, Marilyn's brother and his wife from Milwaukee, and a couple from Colorado.

While the guys went hunting on our CRP land, the ladies also went hunting-at the shopping malls in Omaha. I spent most of the morning at the local hospital with my aging mother, who was a patient there.

I arrived home in time to warm up turkey and other leftovers from the previous day's feast for the fellows as they arrived home. They reveled in their successful morning, having taken eight pheasants.

After cleaning up the lunch dishes we headed to filter strips alongside a creek on our land that they had not yet hunted. We rode in my brother-in-law's four-door truck and Jon's Jeep Cherokee to the east side of the creek.

When the hunting party finished walking the east-side filter strip, my brother-in-law and Jon agreed to take the truck and Jeep around the road to the other side of the creek. The remaining three of us crossed the creek upstream on a beaver dam and began hunting the west-side filter strip.

As we started hunting, my brother-in-law hightailed toward us in his truck, his left arm waving for us to halt. Pulling up, he yelled, "Jon upset his Jeep in the ditch back at the road. He's okay but his Jeep is lying on its side."

We piled into the truck and raced to where Jon's vehicle had toppled over. It was lying on its passenger side alongside a pathway to the field. Jon explained that he didn't see the ditch because of tall grass on the pathway. Everyone offered theories about how to



Dr. Mike ROSMANN

get the Jeep out of the ditch. We tried lifting the vehicle onto its wheels but we couldn't budge it.

Someone suggested calling a wrecker, but that would be too expensive. Another fellow suggested using my brother-in-law's truck to pull the Jeep upright, but we didn't have a tow chain. I suggested that we could get a tractor from my farmstead.

Everyone agreed that using my tractor might be the best course of action. My brother-in-law drove me home to fetch the tractor.

Ten minutes later I arrived with my International 656 and a heavy duty chain. I positioned the tractor and the fellows attached the chain to the Jeep.

Carefully creeping ahead I pulled the Jeep onto its wheels and slowly dragged it out of the ditch.

When the Jeep was once again standing on level ground, the fellows thoroughly inspected it. Nothing was broken, not even the rear view mirror on the passenger side. A little mud and grass smeared the passenger side and the right front fender next to the passenger door was bent inward. The door wouldn't open.

Everyone had a theory about how to fix the Jeep. Someone suggested that Jon not use the passenger door but Jon didn't think his girlfriend would like crawling over the transmission case to get to her seat. Someone else suggested taking the Jeep to a local auto repair shop before the women arrived home from their shopping excursion but they decided this would cost too much.

I suggested that Jon drive his vehicle to

our farm shop. Everyone smiled skeptically. When I arrived back home with the tractor, the fellows had reconvened at the farm shop. While the guys were commiserating about repair options I fetched a heavy duty screwdriver and a rag. I explained how I intended to pry the fender into place.

Everyone agreed my intended repairs wouldn't work but I wrapped the screwdriver with the rag and gently pried the bent fender outward. The fender popped into place. Everyone cheered.

Then I pried the jammed door edge into place and everyone cheered again.

The fellows congratulated Jon about how much money they had saved him by not taking the Jeep to a repair shop. The men teased Jon about how much his Dad's repairs would cost.

Jon volunteered that of three rollovers in his vehicles, this was by far the least expensive repair job. He added that his girlfriend, his mother and none of the women in the household needed to know about today's event. Everyone cheered in agreement.

I spoke up quietly, "The cost for towing and repair work...\$5.00. The cost for not telling the ladies...priceless."

Several weeks later in a moment of weakness I told Marilyn what had happened. She said, "We wondered how come you guys were all sitting quietly on the couch with your hands folded when we ladies got home. You even had cleaned up the kitchen!"

For more of Dr. Mike's completely accurate tales of hunting and fishing, as well as farming, see his book, "Excellent Joy: Fishing, Farming, Hunting and Psychology." For additional information visit: www.agbehavioralhealth.com.

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MILITARY

RICHARD CORDES

Chief Warrant Officer 3 Cordes is being awarded the 2012 Marine Corps Engineer Association Fuels Officer of the year. Cordes distinguished himself in the engineer community for his rapid construction and control of several tactical fuel sites in Afghanistan during his second deployment in 2011.

While deployed Chief Warrant Officer Cordes developed security procedures and outlined operational measures to ensure that there was a safe and efficient resupply of fuel to all NATO forces throughout his area of operation. He served as a Commander for a total of 12 tactical locations throughout southern Afghanistan. As the officer in charge he constructed four of these locations in record time and improved the condition and safety of all the other areas he was assigned to take over. Because of these and other

superior leadership actions the Marine Corps Engineer Association will honor him at their yearly banquet on Oct. 11 in Missouri.

In April of this year, the 1985 Bloomfield graduate received the American Petroleum Institute Award as one of the outstanding Officers of 2012, at a ceremony aboard Camp Pendleton. He had previously won this award in 2009, making him one of only three officers to ever win the award twice.

Richard Cordes is the son of LeRoy and Sharlene Cordes of Bloomfield, Neb. He is currently serving at Camp Pendleton, California on the 1st Marine Expeditionary Force Staff and will hold this assignment for the next three years. In November of this year he will complete his 20th year serving in the Marine Corps, eleven as an enlisted Marine and nine as a Commissioned Officer.

Long-Term Care Residents Honored In Oct.

PIERRE — Gov. Dennis Daugaard has declared the month of October as Long-Term Care Residents' Rights Month to honor South Dakotans living in nursing homes and other long-term care facilities.

This year's theme, "My Voice, My Vote, My Right," emphasizes goals of educating the community about residents' rights to vote and participate in the political process.

The Long-Term Care Facilities Residents' Bill of Rights guarantees nursing home residents their individual rights, including the right to privacy, the right to manage financial affairs, and the right to make independent choices. Residents' Rights Month raises awareness about those rights and pays tribute to the unique contributions of long-term care residents.

The Long-Term Care Ombudsman Program is mandated by the U.S. Administration on Aging to advocate and protect the rights of residents of nursing homes and assisted living facilities.

Adult Services and Aging specialists in the South Dakota Department of Social Services are advocates for facility residents and investigate and work to resolve their complaints. Additionally, the program provides information and referral assistance, conducts educational activities to increase community awareness of elder rights, and provides training to long-term care staff.

For more information on the Long-Term Care Ombudsman Program, the Long-Term Care Facilities Residents' Bill of Rights or to contact the LTC Ombudsman, visit www.dss.sd.gov/elderlyservices/services/ombudsman.asp.

# Officials: Prepare For Winter Before It Hits

PIERRE — National Weather Service and State officials urge South Dakotans to prepare for winter weather now, before the first storm hits.

"We've had a long run of unseasonably warm, extremely dry weather, but it's South Dakota, it's late October, and the first big storm of the season could strike any day now," said State Public Safety Secretary Trevor Jones. "The time to prepare for winter weather is before you are knee-deep in snow drifts."

Today (Wednesday) is Winter Weather Preparedness Day in South Dakota. Officials with the State Departments of Transportation and Public Safety are joining with the NWS in asking citizens to use the day as a reminder to find

the vehicle survival kit, replenish any supplies that were used in the last storm and then brush up on winter travel and survival tips and techniques.

"The National Weather Service is ready to help get you through the storms with the most timely and accurate weather information available," said Todd Heitkamp of the NWS office in Sioux Falls. "But you have a role to play, too. Give yourself and your family every chance to survive the storms safely by making preparations now for the coming winter weather."

A basic winter survival kit includes blankets, water, non-perishable foods, and a flashlight with fully charged batteries, a shovel and a distress flag. A

charged cell phone is essential. It won't save you by itself, but if you are stranded, that phone can be a vital link to help — if you always make sure the battery is fully charged."

Checking weather and road conditions before winter trips is another essential survival tip.

"SafeTravelUSA is designed to give travelers the up-to-date information on road and weather conditions they need to make safe travel decisions," said Transportation Secretary Darin Bergquist. "We encourage you to visit the site or call 511 before you travel. We also encourage all South Dakotans to take time today to brush up on winter weather survival plans."

Other winter-travel safety re-

mindings include:

- Keep an eye on the weather and check travel conditions before leaving home.
- Be flexible and change travel plans if weather conditions deteriorate.
- Wear seatbelts.
- Travel during the day when possible and allow extra time to reach your destination.
- Use highly traveled roads and highways.
- Keep family and friends informed of your travel route and schedule.

For the latest weather forecasts and warnings this winter season, visit www.weather.gov, and for winter travel conditions, visit www.safetravelusa.com/sd or call 511.

Coat & Winter Wear Giveaway Set For Oct. 27

The Make a Difference Day, Coat & Winter Wear Giveaway is this Saturday, Oct. 27, at the HSC, South Training Center (Old Chapel) from 9-10:30 a.m. The Clothing Closet will also be having a free voucher day, 9 a.m.-noon.

Winter coats, snow boots, hats, gloves, and scarves will be displayed and available for people of all sizes — from the very young through adult.

For more information on Make a Difference Day, contact the United Way & Volunteer Services of Greater Yankton at 605-665-6766 or visit yanktonunitedway.org.

Annual Poinsettia Sale Planned For Yankton

The Yankton County Child Protection Team (CPT) will be selling holiday poinsettias again this year. Each plant is \$10 and all proceeds help Yankton County children with transit rides to and from school, scholarships, youth organizations and more.

If you are interested in purchasing a plant or more, call Stacy Starzl at 665-6365 or Becky Frank at 260-9284 rfrank@iw.net. These poinsettias plants are big and beautiful. All orders must be placed by Nov. 5. Poinsettias will be ready for pick up Nov. 20.

**CARPET CLEANING SPECIAL**  
ONLY \$75<sup>95</sup> Any Two Rooms  
Up To 300 Sq. Ft. Not good with any other offer. Must present coupon. Coupon expires 11/15/12  
Bruce Tirrel Certified Master Restorer and Textile Cleaner  
665-5700  
1-800-529-2450

**The Family of Martha E. Anderson**  
Wishes to express our gratitude for all the sympathy, prayers and support given to us following the death of our mother. A special thanks to the staff at Pioneer Memorial Nursing Home in Viborg, SD as well as Dr. Beth Mikkelsen and the Sacred Heart Hospice team for their kindness and compassion. We appreciate the many beautiful cards, phone calls, flowers, food and memorials received. Thank you Father Mark Axtmann of Beresford, SD and also to Father Mark Lichter of Sacred Heart Catholic Church, Yankton, for your assistance and to the church choir, ushers, and Altar Society for your help during the funeral Mass and lunch. We mourn her loss, honor her memory, and celebrate her life. She will be deeply missed.  
Sincerely,  
Tony Anderson,  
Joan Heemstra, Dan Anderson,  
Tim Anderson & families

**KYNT**  
AM 1450  
**MORNING COFFEE**  
WEEKDAYS MONDAY-FRIDAY  
Wednesday, October 24  
7:40 am YHS Band Aid (Carrie Mastalar, Jack Magnuson, Susanna Kinsley)  
8:20 am Hy-Vee Foods (Chef Staci)  
Thursday, October 25  
7:40 am Yankton Chamber (Carmen Schramm)  
8:20 am Yankton Conv/Vis Bureau (Lisa Scheve)

**South Dakota LOTTERY**  
**LOOK WHO'S WINNING!**

SUSAN JANSSEN Madison \$10,000 POWERBALL  
KARI JOHNSON Sioux Falls \$300,000 CASH STASH  
ADAM VAN HOVE Freeman \$10,000 MONEY HOG

**MORE WINNERS ADDED EVERY DAY!**

John Oberg Sioux Falls \$14,000 Spades	Brenda Watkins Jefferson \$204,635 Dakota Cash Jackpot	JoAnn Hansen Viborg \$10,000 Powerball
Ben Aning Jr. Sioux Falls \$10,000 Powerball	Aaron Leber Viborg \$1,000 Carnival Cash	Andrew Tsosie Sioux Falls \$500 Casino Royale
Tony Schwader Howard \$10,000 Powerball	Regina Johnson Sioux Falls \$1,000 3X Cashword	Kristi Pritchard Sioux Falls \$500 Big Foot Bingo
Richard Taylor Sioux Falls \$10,000 Money Hog	Jeffrey Wyant Sioux Falls \$500 Rockin' 5's	Jarvis Evans Hartford \$500 Wild Card 2
Lisa Hicks Sioux Falls \$5,000 Bet-Chur Bluffin'	Jay Torgenson Flandreau \$500 Money Hog	Jacob Obr Yankton \$500 Money Hog

**\$\$\$ LOTTERY PLAYERS WON MORE THAN \$5.4 MILLION BETWEEN JULY & SEPT! \$\$\$**

Chris Meyer Sioux Falls \$5,000 Match 3	Bruce Dietz Sioux Falls \$500 Money Hog	Diana Munger Sioux Falls \$500 Wild Card 2
Nicholas Taylor Kansas, IL \$2,500 25th Anniversary	Donna Guest Sioux Falls \$500 Big Foot Bingo	David Gries Sioux Falls \$500 Wild Card 2
Bruce Johnson Sioux Falls \$2,500 25th Anniversary	James Wareham Sioux Falls \$500 Wild Card 2	Donald Brown Vermillion \$500 Wild Card 2
Dylan Schmidt Brandon \$1,700 7UP®	Leann Henrie Independence, MO \$500 Rockin' 5's	Amie Vanegdom Hudson \$500 Hot Hand Hold 'Em
Monica Solis Sioux Falls \$1,000 Money Hog		Donald Lindly II Drakesville, IA \$500 Money Hog

See more winners online at [lottery.sd.gov](http://lottery.sd.gov)

**25 YEARS**

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Must be 18 years or older to play. Please play responsibly.