

Donation



Shur-Co Makes Donation To Free Clinic

This year, in celebration of Boss' Day, Delrae Wuebben, Tarp Fabrication Supervisor, was presented with a check for \$125.00, made out to the Servant Heart Free Clinic. As Chris Hanzlik, one of Delrae's employees said during the presentation, "We thought about a gift card, but Delrae would just give it to someone in need because that's the kind of person she is. So, knowing she's a big supporter of this clinic, we donated money in her name." Delrae is shown with the check, standing between Dr. Johnson and Dr. Mabee of the clinic, and surrounded by her department employees.

USD Announces Gift From Law School Donor

VERMILLION — The University of South Dakota Foundation has announced a second major gift from Orrin Estebo, a Redwood Falls, Minn. attorney.

The 1971 USD Law School graduate has committed \$1 million to establish the Orrin S. Estebo Law Scholars Fund. It will provide financial assistance for all first-year law students in their second semester of study. The first scholarships are expected to be awarded in 2016.

The gift was motivated by Estebo's belief in the power of learning at every stage of life. "Education opens doors," he says. "I don't care what you're pursuing."

Leaving his job in chemical sales, Estebo enrolled at USD in 1968 to pursue a law degree.

He went on to write for the South Dakota Law Review, served as Student Bar Association president and graduated with honors.

"We're overwhelmed by Orrin's generosity and leadership," said Tom Geu, dean of the USD Law School. "Orrin's thoughtful reflection on his own journey — and commitment to create opportunity for others is inspirational."

In June 2013, Estebo gave \$1 million to support construction and renovation of the law school's 32-year-old facility, including a larger common area for students and faculty to meet.

Giving, Estebo maintains, is its own reward. "When people say you're making a lasting difference, and you can see it, that's a good feeling. It's a gift," he says. "I feel like I'm getting a gift."



Estebo

Free Genealogical Workshops To Be Offered at Cultural Heritage Center

PIERRE — Two genealogical workshops will be offered on Saturday, Nov. 1, at the Cultural Heritage Center in Pierre. Professional genealogist Paula Stuart-Warren of Roseville, Minn., will present on how to find and use county records and church records for family history research.

The workshops are free and open to the public. Free parking is available. Registration begins at 9 a.m. CDT. The session on county courthouse records will run from 9:15 a.m.-12 p.m. and the session on church records will run from 1:15-4:15 p.m.

The workshops are free and sponsored by the Pierre/Fort Pierre Genealogical Society and the South Dakota State Historical Records Advisory Board (SHRAB), with funding provided by the National Historical Publications and Records Commission.

"Studying genealogy tells us about our ancestors," said Chelle Somsen, chair of the SHRAB board and state archivist for the South Dakota State Historical Society at the Cultural Heritage Center. "And this year, as we celebrate 125 years of statehood on Nov. 2, it is especially important to remember our past. These workshops will give people the tools to do that."

In "Research Rewards in

County Courthouse and Town Hall Records," participants will learn that the records found in courthouses and related repositories can fill in many details about the lives of our ancestral families and the communities and time periods in which they lived. Learn about tax, divorce, naturalization, deeds, criminal and civil court records, vital records and even the scallywags in the family.

The 1:15 p.m. program is "Lord Preserve Us! Church Records for Family History Research." From the beginning of our country, many of our ancestors belonged to an organized or semi-organized religion. For those who did, the records which have survived until today can often be a goldmine of details. Names, dates, relationships, places of new and former residences, burial location, entire family listings and other details may be learned.

Stuart-Warren works full-time in the area of genealogical and historical research, lecturing, consulting and writing. She has been a board-certified genealogist since 1988. She currently serves on the Federation of Genealogical Societies board of directors, is chair of the FGS Awards Committee and has lectured at National Genealogical Society and FGS national-level conferences since the early 1990s.

Call (605) 773-3804 for more information.

How To Reduce The Harm Stress Does To Our DNA

BY DR. MIKE ROSMANN

Sponsored By Lewis And Clark Behavioral Health

Stress produces changes in the expression of our DNA, the deoxyribonucleic acid material that determines what we inherit from our parents. Our genetic material nicely stores information that has survival value for the human species, like intelligence, but it also incorporates the effects of stress.

Most rural people and those involved in agriculture have inherited inclinations to observe our surroundings carefully to survey the best crop-growing conditions, the most prolific plants and animals and to pursue acquisition of whatever it takes to be successful producers.

We don't understand well enough how stress harms our DNA and what we can do to reduce its damaging effects. This column expands on the article I wrote in mid-May this year about the new field of epigenetics and how our experiences affect our genetic expression.

Harmful effects of stress on our DNA and factors that reduce its damage were described in the October 2014 issue of the Monitor on Psychology, by Stacy Lu about the research of Dr. Elissa Epel and her colleagues at the University of California, San Francisco.

As the article indicates, stress shortens telomeres, a component of DNA sequences that protects the end of each chromosome from deterioration or fusion with adjoining chromosomes. Rearrangement or assimilation of telomeres can shorten our lives and lead to cancer and other abnormalities because the replication of normal cells is replaced by damaged cells.

The two greatest factors that affect telomere length are aging and stress. We can't stop aging but we can considerably control our stress and cortisol production.

Chronic stress increases cortisol production, which diminishes the enzyme telomerase and results in shorter telomeres to protect our chromosomes, thereby harming our genetic material.



Dr. Mike ROSMANN

Moderate cortisol can beneficially slow our metabolism, but excessive cortisol endangers telomeres.

A baby's intrauterine environment is shaped by the mother's health, according to the Monitor article. If a distressed pregnant

mother secretes large amounts of cortisol, the telomeres of her baby's DNA may be already shortening. Exposure to excessive stress prior to pregnancy can also reduce the future mother's telomeres, which are then passed along to her offspring.

Fathers also can shorten the telomeres of their offspring through stress and environmental exposures to harmful substances like certain insecticides and alcohol that may affect their sperm. This may help explain why alcoholic fathers increase their offspring's chances to also become alcoholics.

That's also why fathers, and mothers, who were exposed to such distressing experiences as domestic violence and prisoner-of-war camps before and during pregnancy, are more likely to have distressed children who are prone to health issues.

What reduces the harm severe stress causes to our DNA? Reproducing with a non-stressed partner helps the stressed parent and their offspring. Well-adjusted spouses help tense spouses relax and usually are good parents who provide healthy genetics and positive role models for their partners and children.

But don't depend on marrying a healthy partner and having children together to solve the genetic problems, because such couplings seldom occur. Preferably, focus on learning how to manage stress and to behave in healthy ways with a mate and children.

As it turns out, aerobic exercise is probably the best antidote to stress dysregulation, according to Dr. Eli Put-

erman, a colleague of Dr. Epel. Vigorous—but not excessive exercise—produces serotonin and reduces release of the excessive cortisol that is linked with inflammation, and insulin and oxidative cellular dysregulation.

Positive social relations are of great benefit. As the Monitor article suggests, figure out how stress affects your life and improve your coping abilities.

Get to work learning skills to pass along to your children and to treat a healthy spouse with the recognition and approval for positive attributes this person deserves. Or seek assistance to learn what it takes to be a healthy individual or couple from a trained professional therapist.

Find mentors and friends who offer positive role modeling and admired attributes in their behaviors. Strive to find persons who offer comfort, but also beneficial advice to improve nurturing behaviors in yourself.

The DNA can repair itself somewhat over time through reduction of stress and the acquisition of skills that may become a part of our genetic inclinations to survive adaptably. Fortunately, our DNA can retain life-enhancing capacities as well as detrimental attributes.

Remember also that stress results from how we think of threatening events. We have considerable control over how we allow terrible experiences to affect us, as Victor Frankl explained in his book, *Logotherapy*. Despite near constant torment in a Nazi concentration camp, he emerged psychologically healthy because his captors could not control his thinking processes.

When we view stress as something we can absorb without it deterring us from our goals to think and behave healthfully, we reduce the effects of stress on our bodies and minds.

This explanation of stress and its effects on our genetic structures is greatly simplified. Several competent reviewers helped me and I am grateful to them.

Share your thoughts; contact Dr. Mike at: www.agbehavioralhealth.com.

Celebrating South Dakota's Quasiquicentennial



SUBMITTED PHOTO

Students made quilts to celebrate South Dakota's 125th birthday. (Left) Lincoln Elementary School volunteers Mistey Nockels and Kathy Sheldon help Mrs. Hoelsing's second graders create a quilt to celebrate. (Right) Volunteers Mistey Nockels and Kathy Sheldon are pictured with Mrs. Bertsch's fourth grade class after they created this classroom quilt.

USD To Host Conference On SD Political Tradition

VERMILLION — The University of South Dakota will explore South Dakota's political history with the conference, "Exploring South Dakota's Political Tradition" on Thursday, Nov. 13 at the Al Neuharth Media Center.

Sponsored by the Department of Political Science, the Department of History and University Libraries at USD, the daylong program will feature the launch of the book "The Plains Political Tradition: Essays on South Dakota Political Culture (Vol. 2)" and a keynote address by Tom Isern, a University Distinguished Professor of History at North Dakota State University.

"South Dakota has a wonderfully rich political tradition and this new book and conference will significantly advance our understanding of that tradition and how it shapes our everyday lives," commented Jon K. Lauck, an adjunct professor of political science and history at USD

and one of the volumes co-authors.

There will also be four panel discussions on South Dakota's unique political history: "Early Development, Populism and the Gubernatorial Tradition," "Depression, Cold War and the 1960s," "The View from The Trenches: Reflections on the South Dakota Political Tradition," and "The Reporters' View: A Postmortem on the Election and the South Dakota Political Tradition."

Guest panelists include Nathan Sanderson, senior advisor to Gov. Dennis Daugaard; Robert Wright of Augustana College; Ted Muenster, former president of the USD Foundation and Chief of Staff for former Gov. Richard Kneip; Jonathan Ellis of the Sioux Falls *Argus Leader*; Carson Walker of the Associated Press and Seth Tupper with the *Rapid City Journal*.

The conference is free and open to the public but

registration is required. The deadline to register is Friday, Nov. 7. For more information or to register, go to <http://usd-library.blogspot.com/2014/09/south-dakota-political-culture-vol-2.html>.

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WEEKDAYS MONDAY-FRIDAY

Wednesday, October 29
7:40 am Boys & Girls Club (Frani Kieffer)
8:20 am Hy-Vee Foods (Chef Staci)
8:45 am Mount Marty College (Kristi Tacke)

Thursday, October 30
7:40 am Yankton Chamber (Carmen Schramm)
8:20 am Yankton Conv/Vis Bureau (Stephanie Moser)
8:45 am USD Athletics (Joe Tunte)

70th Anniversary Celebration



Mr. and Mrs. Aune

Freelan and Janice (Thomsen) Aune will be celebrating their 70th wedding anniversary on November 18, 2014.

Their children will be hosting an open house on November 8th, 2014, from 2 - 4 p.m. at Broom Tree Retreat, 29827 446th Ave., Irene, SD.

We are inviting family and friends to come and share their special day. If you are unable to attend, you may send them anniversary wishes to 44425-303rd Street, Mission, Hill, SD, 57046.

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