

PCE Grant Recipient



COURTESY PHOTO

Kim Holst has received a PCE (Program for Continuing Education) Grant from PEO International. PEO is a Philanthropic Educational Organization for women dedicated to helping women achieve their educational goals through grants, scholarships and loans. Kim is pursuing a Nursing degree at the University of Sioux Falls, graduating at the end of April. Shown above, left to right, are Kim Holst, grant recipient, and Audrey Stevens, PCE Committee Chairperson for Chapter K in Yankton.



SUBMITTED PHOTO

FRONT FROM LEFT: Postulant Pia Jepsen (Clyde, Mo.), Novice Sarah McMahon (Norfolk, Neb.), S. Peggy Venteicher (Yankton), S. Samantha Chamley (Rapid City) and Postulant Maria Owczarek (Clyde, Mo.); MIDDLE ROW: S. Florence McManamen (Rapid City), S. Carol Kovarik (Rapid City), S. Rose Palm (Watertown), S. Edna Marie Stephenson (Rapid City), S. Gabrielle Marie (Norfolk, Neb.) and Novice Barbara Younger (Watertown). BACK ROW: S. Marietta Kerkvliet (Yankton), Postulant Terry Lafferty, (Yankton), S. Eileen Brick (Watertown), S. Maria Gara (Clyde, Mo.), S. Denise Cree (Watertown), S. Pat Nyquist (Clyde, Mo.), Postulant Sue Albert (Yankton) and S. Sharon Ann Haas (Yankton).

Benedictine Days — Continuing The Mission

What makes a good story? There are many relevant ways to answer this question, but the key is providing rich content. How is this possible? It is through sharing what you know with others.

On Sept. 25-27, Sacred Heart Monastery hosted Benedictine Days, an annual event for women and men in Benedictine life going through formation to gather with their directors. Their meeting focused on topics related to some aspect of the Rule of St. Benedict and monastic life. The theme this year was the significance of stories in their personal and spiritual life.

The group in attendance represented the Benedictine communities in Rapid City; Yankton; Watertown; Norfolk, Nebraska; and Clyde, Missouri. Following a closing prayer on Sunday, the women left for their respective areas with renewed zeal in their religious life of prayer and service.

For more information about this event and recent events at Sacred Heart Monastery, visit <http://yanktonbenedictines.org/news/> and https://www.flickr.com/photos/yankton_benedictines/ for pictures, stories and facts about the beautiful witness of a life of faith shared.

South Dakota Newspapers Now Available On National Online Database

PIERRE — Select South Dakota historical newspapers are now part of a national online database, the South Dakota State Historical Society has announced.

In 2014 the State Historical Society-Archives at the Cultural Heritage Center in Pierre received a two-year \$294,655 grant from the National Endowment for the Humanities to digitize historical newspapers. The project is part of Chronicing America, a Library of Congress initiative to develop an online database of select historical newspapers from around the United States. As part of the grant the State Historical Society-Archives will digitize around 100 rolls of microfilmed newspapers pre-dating 1922 to be included in this collection.

The State Historical Society-Archives, along with its technical partner, the Minnesota Historical Society, has evaluated the microfilm, duplicated and digitized the microfilm, created title essays and metadata, performed quality control, and delivered the digital files to the Library of Congress.

The Canton newspapers from 1876 through 1916 include five different titles: *The Canton Advocate*; *Dakota Farmer's Advocate*; *Dakota Farmers' Leader*;

Lincoln County Advocate and *Canton Daily Leader*.

These newspapers are now online and text searchable.

In addition, the Yankton newspapers from 1875 to 1885 are also available. The *Daily Press and Dakotan*; *Yankton Daily Press and Dakotan*; and the *Press and Daily Dakotan* are on the Chronicing America website. There will be more issues from these titles uploaded in the next batch.

"The process is involved and more technical than most would expect, but we are excited to have the first batch of South Dakota newspapers available online," said Chelle Somsen, state archivist.

"With over 17,000 rolls of newspaper microfilm from 1859 to the present in our collection, this grant-funded project helps us appreciate the magnitude of any possible newspaper digitization program."

To view these newspapers, visit the Chronicing America website <http://chronicingamerica.loc.gov/newspapers/?state=South+Dakota&city=&language/>.

For more information, contact the State Historical Society-Archives at (605) 773-3804.

BIRTHS

COLE GRIFFITH

Cole Anthony Griffith was born on Aug. 21, 2015, at Sanford Hospital in Sioux Falls. He weighed 5 pounds, 9 ounces and was 18 1/2 inches long. Proud parents are Michael and Laura Griffith, Sioux Falls.

He joins sister Sadie Rose, 5 1/2, and brother Evan Michael, 3 1/2.

Grandparents are Robert and Debra Ruppelt, Tyndall; and Walt and Karen Griffith, Sioux Falls.

Great-grandparents are Clayton and Minnie Wittmeier, Avon; Leola Ruppelt (and the late George Ruppelt), Springfield; Frances "Pat" Winckler (and the late Alvin Winckler), Tyndall; and Dixie Griffith (and the late Walt Griffith), Yankton.

Treatment Of Alcohol Addiction Varies For People

BY DR. MIKE ROSMANN

Sponsored by Lewis & Clark Behavioral health

Two years ago, I reported for the first time how "Dan," a farmer in his early 40s, was in a drunken stupor at least three evenings per week, when "Darla," his wife, came home around 8 p.m. from her job as a nursing supervisor. Their two children, then 4 and 6 years old, usually were "on their own" when their mother arrived home.

If Darla awoke Dan to ask him about matters, she could smell alcohol on his breath, but he denied he was drunk, even though he was glassy-eyed and couldn't walk straight. When Darla contacted me, I recommended that she purchase a breathalyzer to measure Dan's alcohol consumption.

If nothing else, the breathalyzer took the determination of Dan's inebriation out of Darla's hands. Dan destroyed the first breathalyzer Darla purchased and refused to blow into the replacement device, or did so under protest, claiming the results were inaccurate.

He pronounced he would "cut back" on his own and didn't need anybody's help. He detested the breathalyzer, but he needed its objective feedback so he couldn't avoid facing his growing reliance on alcohol.

Over the next 20 months Dan had increasing difficulty managing his temper and often got drunk at family events. Nonetheless, he didn't "bottom out."

In early March this year, the date of my last column about Dan, he had been arrested for "driving while intoxicated." Dan refused my advice that he needed intensive inpatient treatment to make lifestyle changes, to manage his behavior and relations with people and to not rely on alcohol for anxiety relief.

Dan proclaimed he was different than most people, including his father who formerly drank heavily. Dan said he could make necessary behavior changes



Dr. Mike ROSMANN

He was getting his scalp stitched together after having fallen. I contacted Darla, who drove to the hospital.

When Darla arrived at the hospital it was immediately apparent to her that Dan was inebriated, as we had suspected. His blood alcohol concentration was .41, five times the legal limit to drive.

Dan yelled at hospital staff that Darla caused him to drink; he wanted to drive his truck home. The county sheriff was called to the Emergency Department and wouldn't allow Dan to operate his vehicle. By the time Darla got Dan home, he had passed out and she let him sleep in her car until he came into their house on his own.

Dan was remorseful when Darla called the next day. He agreed to see his counselor the following day, with Darla present for the first time.

The meeting with Dan's psychologist helped them figure out a treatment plan. Dan agreed to attend two support group meetings weekly, to see his psychologist twice each week and take naltrexone to manage alcohol cravings.

Naltrexone is used to reduce opioid and alcohol dependence. The combination of naltrexone, counseling and support meetings doesn't work for everyone, but this treatment plan allowed Dan to remain out of inpatient treatment so as to

without anyone's advice. He refused to attend Alcoholics Anonymous meetings but he began seeing a psychologist of his choice every other week.

One afternoon this past May, I received an almost incoherent text message from Dan that he was in the Emergency Department of his local hospital.

finish planting corn and soybeans.

Dan doesn't take naltrexone anymore but he sees his counselor weekly, sometimes with Darla, and he attends support group meetings twice weekly.

Dan acknowledges he is an alcoholic who drank to quell self-doubts, to help him say things he couldn't otherwise say to his parents and to Darla when sober, and to "not have to think." When Darla called recently to report on how things were going, she said Dan "acts like his old self."

He makes supper for the kids and her when she has to work late. Their crops look better than they have for several years, Darla says. He has not consumed any alcohol for the past four months.

People can be secretive and resist others telling them how to change, especially when the main "tool" they rely on to deal with feelings of inferiority, anger and worry is unavailable, like alcohol in Dan's case. Dan is acquiring skills to express his feelings appropriately and gaining personal confidence.

It isn't certain if Dan will continue managing himself productively. Most people addicted to alcohol relapse once or twice before learning how to make permanent lifestyle management changes.

Dan said he is an exceptional case, for about 20 percent of alcoholics consume small amounts daily for its health benefits. Dan, and Darla hope he will eventually be able to consume a glass or two of wine or beer daily, but no more than that.

Will Dan regulate his alcohol consumption hereafter? We'll see.

I thank all who contacted me to suggest recommendations regarding Dan. You offered useful advice, usually derived from your own experiences, and which I passed along anonymously.

Dr. Rosmann is a psychologist/farmer who lives near Harlan, Iowa. Contact him at: www.agbehavioralheavioralhealth.com.

Yankton Co. Youth Celebrate National 4-H Week

More than 6 million young people across the country will celebrate National 4-H Week, an annual celebration of 4-H during the first full week of October.

During this week, Yankton 4-H will showcase the great things that 4-H offers young people and highlight the incredible 4-H youth in the community who work each day to make a positive impact on the community.

This year, 4-H will also showcase a refresh of its brand, revealing new photography and creative materials that show the various life skills 4-H grows in young people.

On Thursday, Oct. 8, from 4:30-7 p.m., Yankton County 4-H will host an Ice Cream Social. This event is an opportunity for non 4-H youth to visit with 4-H members and leaders. Free ice cream will be available for all youth who attend.

Yankton County has eight 4-H clubs, including two special interest clubs in the areas of shooting sports and horse.

All eight clubs will be present at the Ice Cream Social and sharing information about the activities they take part in.

"4-H is a youth development program that has opportunities for everyone," said Stephanie Siebrandt, Yankton County 4-H Program Assistant. "Interest areas in 4-H vary from animals, sewing, and cooking to robotics, community service, and visual arts."

Yankton County 4-H will also host a petting zoo on Saturday, Oct. 10, from 10 a.m.-2 p.m. at the Yankton Tractor Supply Company. The petting zoo will be in conjunction with the annual 4-H Paper Clover Campaign partnership between the National 4-H County and Tractor Supply Company.

Shoppers at the Yankton TSC store will have the opportunity to support 4-H in Yankton County by choosing to purchase paper clovers for a \$1 or more at check-



SUBMITTED PHOTO

Independent 4-H member Jenna Lammers learned invaluable cooking skills during this summer's Special Foods contest.

out. All funds raised will be donated to 4-H, and will support 4-H youth development program activities in Yankton County.

Yankton County 4-H members learn by doing and strive to make the best better in their community, Siebrandt added.

Some opportunities in Yankton County 4-H include learning:

- shooting sports in the disciplines of archery, BB gun, air rifle, air pistol, and shotgun;
- animal husbandry and showmanship;
- leadership, citizenship, and teamwork;
- sewing, crafting, painting, and more.

Research has proven that participation in 4-H has a significant positive impact on young people. Recent findings from the Tufts University 4-H Study of Positive Youth Development indicate that, when compared to their peers, young people in 4-H are:

- Nearly four times more likely to contribute to their communities,
- Two times more likely to pursue healthy behaviors like, and
- Two times more likely to engage in Science, Technology, Engineering and Math (STEM) programs in the out-of-school time.

In Yankton County, more than 140 4-H youth and 36

will be held today (Wednesday).

The 2015 National Science Experiment Motion Commotion empowers youth to explore the physics of motion and distracted driving. Developed by Oregon State University Cooperative Extension, this exciting activity combines a speeding car collision and a distracted driving demonstration in a simulated activity that investigates the physical and human factors of motion.

To learn more about National Youth Science Day, please visit <http://www.4-h.org/nysd/>.

Yankton County 4-H is hosting its own 4-H National Youth Science Day event at the Yankton Community Library today for youth in fourth grade or older. Pre-registration was required at the library and is now closed.

Everything Must Go!
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Yankton Mall

The family of Allen Hanson would like to extend our sincere gratitude for the cards, flowers, memorials, food, visits and hugs we received during our time of loss. Your thoughtfulness meant so much to all of us. God bless you all.
Neal and Jenny Hanson, Larry Hanson and Rene Hagedorn, Jeff and Emilie Traill