

Snack Pack Funds



SUBMITTED PHOTO
Home Federal Bank and Yankton Elks Lodge joined forces to raise funds to support the Yankton Snack Pack program at the Elks Lodge Hunters Fest Oct. 20. The effort raised \$500 for the program which provides nutrition “snack packs” for disadvantaged elementary students each Friday of the school year. Proceeds were shared with snack pack volunteers this week. Those involved included, left to right, Matt Hanson, chairman of the board of trustees and Exalted Ruler Steve Pietila of Yankton Elks Lodge; Kevin DeJong, Home Federal Bank vice president/marketing manager; and Lori Lincoln, Jill Wermers and Jesse Bailey, snack pack volunteers.

USD Sanford School Of
 Medicine Announces New
 Chair Of Internal Medicine

SIOUX FALLS — The University of South Dakota Sanford School of Medicine and Sanford Clinic have named Dr. Russell Wilke chairman of the Department of Internal Medicine at the medical school.
 Wilke, M.D., Ph.D., F.A.C.P., is a general internist and holds the position of enterprise director of pharmacogenetics at Sanford Imagenetics. He received his medical degree from the Medical College of Wisconsin and his Ph.D. in pharmacology and toxicology from the same institution. Wilke has held faculty positions at the University of Wisconsin, the Medical College of Wisconsin and Vanderbilt University. Most recently, he has practiced general internal medicine at the Sanford Medical Center in Fargo, North Dakota, and has a clinical faculty appointment at the University of North Dakota. Wilke is an accomplished researcher in pharmacogenomics and still publishes.
 “Dr. Wilke will continue his groundbreaking leadership with Sanford Imagenetics and



Wilke

Pharmacogenetics,” said Dr. Mike Farritor, M.D., senior executive vice president for Sanford Clinic.
 “We are very pleased to welcome Dr. Wilke as our new internal medicine chair,” added Dr. Mary Nettleman, M.D., M.S., M.A.C.P., dean of the USD Sanford School of Medicine and vice president for health affairs at USD. “He has experience that touches all dimensions of our school with experience in primary care, community practice, education and research.”
 Wilke replaces the retiring Dr. LuAnn Eidsness, who served as chair for 12 years and is credited with expanding the medical school’s internal medicine department by adding fellowships in geriatrics and cardiology to complement an internal medicine residency.

Child And Adult
 Care Food Program

WAGNER — South Central Development, Inc. announces the sponsorship of the Child and Adult Care Food Program. Meals will be provided at Head Start locations and day care homes administered by our organization. A list of Head Start locations and day care homes is available at our office, which is located at 401 Walnut Avenue SW, Wagner SD 57380.
 The same meals will be made available to all enrolled participants at no separate charge. Additional meal benefits are available to the center for enrolled participants whose annual family income is at below levels shown on the following annual income scales effective until June 30, 2016. The guidelines are listed as Family Size, Eligibility Scale for Free Meals and Eligibility Scale for Reduced-Price Meals
 • 1 – \$15,301/\$21,775
 • 2 – \$20,709/\$29,471
 • 3 – \$26,117/\$37,167
 • 4 – \$31,525/\$44,863
 • 5 – \$36,933/\$52,559
 • 6 – \$42,341/\$60,255
 • 7 – \$47,749/\$67,951
 • 8 – \$53,157/\$75,647
 (For each additional family member add: \$5,408/\$7,696.)
 The information provided on applications for free or reduced price meals is confidential and is used only for the purpose of determining eligibility.
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on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and where applicable, political beliefs, marital status, familial or parental status, sexual orientation or all or part of an individual’s income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all bases will apply to all programs and/or employment activities.)
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The Sense Of Touch: It’s
 Powerful Influence On Our Lives

BY DR. MIKE ROSMANN
 Sponsored by Lewis & Clark Behavioral Health

The sense of touch is our most important sense for achieving behavioral well-being.
 David J. Linden’s newest book, TOUCH: The Science of Hand, Heart, and Mind, indicates that infants can develop normally without the capacity to see, hear or smell, but without experiencing positive touches or being able to perceive when they are touched, these children grow up emotionally and socially stunted.
 To illustrate his claim, the author cites refugee children who spent their early childhoods in severely understaffed orphanages during the Bosnian War late last century. The North Atlantic Treaty Organization security forces, aided by U.S. bombing runs and a few on-ground militia, played a key role in bringing the ethnic genocide to a conclusion.
 When the war ended and the orphaned children were finally moved into satisfactory rehabilitative facilities, the inadequately cared-for children were severely emotionally and intellectually deprived, and often physically underdeveloped as well.
 The symptoms of deprivation of touching during early childhood can be reversed only by therapy incorporating regular touching that the children recognize, and even then the outcomes aren’t always what are hoped for. But daily lengthy sessions of manipulating children’s limbs make a positive difference, Linden says.
 The benefits of “kangaroo care” for prematurely born human infants by their mothers was cited by Linden as further proof of the positive effects of touching. Kangaroo care involves mothers gently holding their underdeveloped newborns next to their chests for warmth and encouraging them to nurse.
 Kangaroo care was instituted in some third world countries because premature newborn infants and those with complicated deliveries lacked access to incubators and were placed with their mothers who were given



Dr. Mike
 ROSMANN

instructions about how to hold their infants and keep them warm.
 The babies who experienced kangaroo care slept better, had fewer episodes of stress as indicated by their heart rates, developed more rapidly and achieved higher cognitive functioning later in life than similar infants who lacked such care.
 There are at least five sensory pathways that involve touching: detection of pressure, temperature, pain, itching and tickling. Children who are born with inability to detect pain and temperature due to a rare genetic condition called congenital insensitivity to pain with anhidrosis (CIPA) can still feel pressure.
 Children with CIPA are prone to injuring themselves until they learn to take proper precautions, such as avoiding heat, cold, or physical activities that cause bone fractures, like jumping from heights, but they usually develop into emotionally secure adults when lovingly cared for and caressed by their parents and others.
 The findings cited by Linden concerning loving touches are reminiscent of the famous experiments undertaken by psychologist Harry Harlow during the 1930s concerning the development of attachment in monkeys. Harlow studied infant rhesus monkeys that were separated from their mothers and raised in isolation because it was thought this was a way to develop a pool of “standard” monkeys to conduct certain research projects, similar to how white laboratory rats are considered the “standard” for laboratory research using the Norway rat (*rattus norvegicus*).
 The rhesus infants deprived of mothering grew up to be fearful and lacked the capacity to care for their own infants when they attained breeding age. When allowed to cling to terry-cloth doll-like objects, the rhesus

infants developed more normally in a physical sense but they were not as well-adjusted socially and behaviorally as rhesus infant that were allowed to interact with their mothers or with other juvenile monkeys with whom they engaged in physical contact.
 Ethical concerns about raising animals in isolation that are normally social beings have altered rearing procedures for monkeys and other laboratory animals since the 1930s, and partly because of Harlow’s findings.
 Feeling warmth and succorance as infants, behavior scientists now say, is key to later healthy social and emotional adjustment for all species that have highly developed social behaviors, such as humans, primates, canines and many others.
 Grooming behaviors, such as horses licking each other, affirm social bonds of animals just as hugs and kisses affirm attachments of humans.
 Youngsters have keener ability to detect touches than older people, Linden noted. Even though the fingers and toes of a 20 year-old person are about four times as sensitive as those of an 80 year-old person, older people still engage in physical touches to affirm positive relationships with others.
 Comforting physical touches, such as hand stroking, usually calm anxious persons, whereas painful physical events, such as beatings, trigger alarm and fear.

Linden points out that emotional pain affects some of the same neural pathways as physical pain. Warm caresses or physical maltreatment generates expectations about the world that become encoded into our DNA and can lead us and our progeny to look at the world as a loving or fearful place, says Linden.
 In her review of Linden’s book for American Scientist, Katie Burke sums it up: “The sense of touch is fundamental to our health and well-being as well as vital to our understanding of the human condition.”

Readers may contact Dr. Rosmann at: www.agbehavioralhealth.com.

Tips To Save Energy And Money This Heating Season

DES MOINES, Iowa — With temperatures dropping and fall well under way, now is the ideal time to prepare your home for colder weather and use less energy this winter. Less energy can mean a lower monthly bill.
 Here are some no- or low-cost tips from MidAmerican Energy Company on how to winterize your home and keep more money in your pocket.
 • Roll it out: Make sure your home has adequate insulation. This includes the attic, exterior walls, floors, basement and crawl spaces. In unheated areas, be sure to insulate around furnace ducts or boiler pipes. This is one of the best ways to maintain a uniform temperature within your home, reduce the amount of heat that escapes and keep you warmer.

• Service your furnace: Your home heating system needs routine maintenance to run properly and efficiently, just like your vehicle. A yearly tune-up by a licensed contractor can ensure that your heating system is running efficiently and safely and will keep you comfortable. By maintaining your equipment, you can prevent future problems and costly repairs.
 • Change your filters: Fall is a great time to change your furnace filter since a dirty filter makes the system work harder and use more energy than necessary. At a minimum, you should change your filter every three months. However, it may need replaced more during heavy use months, such as winter. If the filter is dirty, change it.
 • Set it smart: Keep your

thermostat at 68 degrees or lower in the winter to save energy and money. Consider installing a programmable thermostat that automatically adjusts the temperature lower when you’re asleep or away. For every degree below 68 in the winter, you’ll reduce your energy use by approximately four percent over a 24-hour period.
 • Seal it up: Use weatherstripping and caulk to seal air leaks and block drafts around doors, windows, chimneys, electric outlets and other potential areas for air leakage, including the basement and attic.
 • Buy it right: Install Energy Star® lighting and appliances in your home. Energy Star CFL and LED lightbulbs use 70-90 percent less energy and last 10 to 25 times longer than standard incandescent

bulbs.
 • Wrap it up: Put clear plastic sheets over the inside or outside of your windows to reduce heat loss and increase comfort. Window wrap kits are available at your hardware or home store.
 • Let it shine: Keep drapes, shades and blinds open on sunny winter days, especially on the south side of your home. During cold, windy days, closed drapes double as insulators.
 • Keep it clear: Make sure your air registers and radiators are not blocked by furniture, rugs, drapes or other objects. Be sure to dust or vacuum registers or radiators on a regular basis.
 For more tips on how to make your home or business more energy efficient this winter, visit <http://www.mid-americanenergy.com/ee/>.

City Asks Dog Owners To Obey Local Ordinance

Yankton’s Parks Advisory Board, Golf Advisory Board, City Commission and City Staff remind Yankton dog owners to be responsible, courteous, and to obey the local ordinance, 5-23-m, for dog waste.
 The ordinance states, “No owner within the city shall permit his or her dog to defecate on public or private property other than their own. If any animal does defecate upon public or private property, then the owner shall immediately and thoroughly clean the fecal material from such public or private property.” This would include fenced in ball fields, public parks, Fox Run Golf Course, the Meridian Bridge and other people’s yards.
 Each dog’s owner/handler is responsible for picking up

and disposing of their dog’s waste. This will help keep the park environments and other people’s property clean so that dogs, children and adults can play happy and healthy without stepping in unwanted waste. Pet waste left behind can transmit harmful diseases to other pets and children also. Dog feces is a common carrier for many diseases.
 Dog owners should pick up their dog’s waste because:
 1. It’s a common courtesy. Only irresponsible dog owners leave their dog’s waste for others to look at, step in or clean up. In addition to creating a foul odor, leaving your dog’s waste encourages other dogs to mark that spot.
 2. Dog waste is unhealthy to the animals, children and adults who come into contact with it. Removing dog feces prevents infestation of your

dog from exposure to infective worm eggs and larvae. Dog feces can transmit diseases from your dog to young children and adults who play or work in the park or yard when the dog feces is present.
 3. Dog waste biodegrades slowly and is an issue after it rains.
 4. Dog waste being left behind makes ALL dog owners look bad. Not picking up after your dog tops the list of complaints the City receives

about dogs.
 5. Your actions set example for others. Teach children and other family members how to properly clean up after a pet.
 6. Are you a good neighbor dog owner? Dog feces and urine can result in lawn burn or dead patches. When it’s your dog on your neighbor’s lawn, it causes a great deal of hostility — toward you, and your dog.

Farm Credit Services of America
 Ribbon Cutting Celebration

Yankton Chamber of Commerce hosted a ribbon cutting for Farm Credit Services of America celebrating their recent move to their new location at 3808 Broadway in Yankton. FCS America is a customer-owned financial cooperative proud to finance the growth or rural America, including the special needs of you and beginning producers. With assets more than \$23 billion, FCS America is one of the region’s leading providers of credit and insurance services to farmers, ranchers, agribusiness and rural residents in Iowa, Nebraska, South Dakota and Wyoming. Hours of operation are Monday – Friday, 8:00 – 5:00 pm. Learn more at www.fcsamerica.com or call 605-665-9675.