

BUILD

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"This is a real positive sign. I think, for Yankton. I think there is a lot of energy and excitement among the commissioners and the public. It would be nice if there was no price tag with it, but that is probably an unrealistic expectation for these kinds of projects."

The memorandum of understanding, which is not a legally binding document, lays out the projected costs. Within the next three months, it is expected that its terms will be incorporated into binding agreements.

The entire retail development, which includes Menards and seven outlets that could be used as sites for other businesses, would encompass just more than 30 acres. Menards would be the anchor facility, and would occupy approximately 17 acres of the site.

As part of the agreement, the City of Yankton will issue an estimated \$2.6 million in revenue bonds that will be backed up by its bed, booze and board tax fund that is earmarked for economic development projects. The bonds would be used to reimburse Greenbow Development for such costs as purchasing the property for the retail center; engineering and design work; legal and administrative fees; and other "soft costs" related to developing the site.

The commitment of a significant portion of the bed, booze and board tax funds could be an issue for some commissioners, Knoff said.

"One of the concerns that will be discussed Monday night, I'm sure, is going to be, if we're going to use the (bed, booze and board fund), that is going to tie our hands for some future projects," he stated.

The city will also create a new tax increment district (TID) to replace the one that was approved in February 2009.

"Essentially, what we'd be doing is collapsing the current tax increment district and re-creating it," Russell said. "By the time we're looking at development, we may be two years past the original formation of the district. You only have five years to bring those structures into it to have it be eligible for the TID fund."

The TID allows the city to collect money from the increased property tax valuation of the property and use it to reimburse the bed, booze and board fund for the revenue bond costs.

Menards will initially fund an estimated \$4 million of what is expected to be a \$6.6 million development.

"The big brunt of the financing is going to be put forth with capital from Menards," Russell said.

As the city's sales tax revenues increase, it will use 50 percent of that new revenue to reimburse Menards for approved project costs. That payment would be made by Yankton Area Progressive Growth, which is the city's economic development corporation.

Russell said the city and Greenbow focused on getting a home improvement retailer as an anchor for the development because that sector is where Yankton loses the most sales to surrounding communities.

According to a 2008 article in the *South Dakota Business Review*, Yankton has \$10 million in annual sales for building materials. Based on the number of people who live in the area, that sales figure should be around \$31 million. Russell said Menards expects between \$20-24 million in annual sales, which would close that gap.

"That's how we analyze these things when we're looking to see, 'Does this make sense for the community?'" Russell said. "Obviously, if you're at 100 percent of expected sales, you don't bring in something that is just going to cannibalize all the other competition. We don't see that as being the case for this one. We looked long and hard at the retail markets, especially in that sector, and are comfortable in the numbers we have out there. We'd anticipate that sector will even grow."

Russell said he believes the development package is sound from a financial standpoint, and from the standpoint of wanting the community to prosper in the future.

"I look at the long-term effect it can have on the quality-of-life issues and upon the maintenance of Yankton as a retail center in the region," he said. "I'm making recommendations based on what I believe is right for the community. I don't think it will do anything but good for the quality of life and the economic markets for those that are here and those yet to come."

Monday's City Commission meeting gets under way at 7 p.m. in the City of Yankton Meeting Room, located at the Technical Education Center, 1200 W. 21st St. 3

Envoys Argue Over 'Slumbering' Geneva Nuke Talks

BY CHARLES J. HANLEY
AP Special Correspondent

UNITED NATIONS — The U.S. and others warned Friday of a possible ultimatum in Geneva: Either the Conference on Disarmament gets moving on a treaty to ban production of atomic bomb material, or big players will take their bargaining chips elsewhere.

The warning was aimed at Pakistan, the latest nation to block negotiation of a Fissile Material Cutoff Treaty at the 65-nation disarmament conference in that Swiss city, a diplomatic forum where just one delegation can prevent the required consensus.

"It strikes us as unwarranted for a single country to abuse the consensus principle and thereby frustrate everyone else's desire to resume disarmament efforts," said White House arms-control chief Gary Samore.

The U.S. itself until last year was blocking the same long-proposed treaty, and some countries Friday complained that Western nations also bear blame for the Geneva standoff.

They should not limit the disarmament body's focus to one treaty, but should also be negotiating pacts to prevent an arms race in outer space, to forswear nuclear attacks on non-nuclear states, and to ban nuclear weapons outright, said Egypt's U.N. Ambassador Maged Abdelaziz.

The conference should "agree by consensus on a balanced and comprehensive program of work," Abdelaziz said on behalf of the 118-nation Nonaligned Movement of mostly developing countries.

ASK THE EXPERTS?

Family Medicine

FLU VACCINATION SEASON IS HERE.
Over the past month there have been 2 confirmed cases of influenza in South Dakota.

Who should get the influenza vaccine?

Everyone 6 months and older should get a flu vaccine each year. The CDC voted for "universal" flu vaccination in the U.S. to expand protection against the flu to more people. While everyone should get a flu vaccine each flu season, it's especially important that certain people get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications. It is especially important that the following groups get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

- Pregnant Women
- Children younger than 5, but especially children younger than 2 years old
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including: health care workers, household contact of persons at high risk for complications from the flu, household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

In studies of the seasonal flu shot, the vaccine has been shown to prevent influenza in about 70%-90% of healthy persons younger than age 65 years. Evidence suggests that protection against flu extends for at least 6-8 mo.

Flu shots are now available at Lewis & Clark Family Medicine. Flu Shot clinics will be held Sept. 28, Oct. 5 & Oct. 12.
Walk-ins are welcome

LEWIS & CLARK FAMILY MEDICINE, PC

1101 Broadway, Suite 103A
Morgen Square, Yankton, 260-2100

Pharmacy/Nutrition

Is there a new type of vaccine available for seniors who are 65 years or older?

Yes, Fluzone HD is a new flu vaccine designed specifically for people 64 years and older is now available. Fluzone HD is an inactivated, injectable flu vaccine that is made up of 3 flu strains that are most likely to cause illness during the flu season. Fluzone HD is delivered at higher doses than the traditional vaccine and prompts the body to create a stronger immune response to provide adequate protection from the flu virus. Ongoing studies show that Fluzone HD is more effective than the traditional vaccine at producing adequate immune responses in people over the age of 65. The higher dose is needed because as we age it becomes harder to produce adequate immune response to the flu vaccine. The side effects of Fluzone HD are similar to the traditional vaccine with slightly more discomfort at the injection site. Fluzone HD is not recommended for individuals younger than 65, and the traditional seasonal vaccine is still available and recommended for anyone over six months old.

Key facts on the 2010 seasonal flu vaccine:

- The best time to get vaccinated is in October or November.
- It is recommended that everyone older than 6 months be vaccinated
- You can't get the flu from the vaccine
- You may still get the flu after being vaccinated
- The seasonal H1N1 strain from 2009 is included in the vaccine.
- If you were vaccinated last year, you still need to be vaccinated this year.

Check with Hy-Vee Pharmacy for all your flu vaccinations needs.

Hy-Vee
EMPLOYEE OWNED
Pharmacy • 665-8261

Ear, Nose & Throat

Dr. Rumsey, I have difficulty hearing and want to hear better, but I am afraid if I get hearing aids it will make my hearing worse. What should I do?

You are not alone. Many people are fearful hearing aids will accelerate the progression of their hearing loss. However, the opposite is true. Hearing loss affects our hearing nerves like a cast affects our muscles. When our hearing nerves aren't stimulated they weaken and become less efficient just like our muscles when they have been in a cast for several weeks. Hearing aids amplify sounds that would otherwise not be loud enough to stimulate our impaired ears. Similar to how lifting weights exercises our muscles, hearing aids exercise our ears. This is why it is not wise to procrastinate when you realize hearing difficulties. For more information regarding the affects of hearing loss or to have your hearing evaluated feel free to call me at Avera Yankton Ear, Nose, and Throat at 665-6820.

Jeffrey J. Liudahl, M.D.
Matthew Rumsey, Au.D., CCC-A
Professional Office Pavilion,
Suite 2800, 409 Summit, Yankton
665-6820 • 888-515-6820 • www.yanktonent.com

Avera
Yankton Ear, Nose & Throat

Fitness/Health

I've heard that exercise can help control hypertension. How much and what type of exercise is recommended for individuals with hypertension?

Exercise as well as the weight reduction typically associated with it can help lower blood pressure. It is particularly important that new exercisers with hypertension consult with their physician prior to beginning any exercise regimen. After a participant was deemed safe to participate I would initially introduce a regular moderate-intensity cardiovascular program that would build to 30-minutes on most (preferably all) days of the week. The program would also slowly introduce low weight/high repetition strength training as well. Regular physical activity can lower systolic blood pressure (the top number) 4-9 points and weight loss that brings your BMI below 25 can result in a 5-20 point reduction in systolic pressure. Use caution as the act of exercise can initially increase already high blood pressure, but over the long term will generally lower it.

Angie O'Connor
Clinical Exercise Specialist

Avera
Sacred Heart Wellness Center

501 Summit • 665-9006

Podiatry

I have foot pain. Friends say it might be plantar fasciitis. What is it and what can I do for it?

While most heel pain is still a result of a biomechanical condition or predisposition in the foot, guidelines have been expanded to help podiatrists distinguish cases that are more neurological, traumatic or arthritic in nature and require more specialized care. A thorough assessment is key to proper diagnosis and treatment.

The most common diagnosis related to heel pain remains plantar fasciitis, a condition caused by chronic inflammation of the connective tissue extending from the heel to the toes. Heel pain can also be a result from other conditions such as a Haglund's deformity, which is a bony enlargement on the back of heel which can cause the soft tissue near the Achilles tendon to become irritated when it rubs against shoes.

Bursitis, which is inflammation of the bursa, can also be a result of abnormal heel bone shape, often caused by the rubbing of a Haglund's deformity against a shoe.

In most cases, these forms of heel pain can be treated with anti-inflammatory medications, ice, rest, padding and strappings, shoe modifications, physical therapy, cortisone injections, and surgery.

The vast majority of patients with these types of heel pain improve without surgery, but early intervention is critical for optimal success. If improvement occurs, the guideline specifies that initial therapy should continue until the pain is resolved. But if no relief is experienced, the patient should receive special tests to further evaluate the heel, and to rule out other conditions such as circulation problems, arthritis, neurological conditions or stress fractures.

2nd Floor Rehabilitation & Wellness Institute,
501 Summit, Yankton
668-8601

Avera
Foot and Ankle Clinic

Surgery

Breast Cancer Awareness Month is Right Around The Corner

October is generally recognized as Breast Cancer Awareness month and a time when many women get their annual mammograms. Our hope is that all women are able to experience good breast health. Should you need further breast health advice, remember Dr. Lisa Miller has a special interest in breast surgery, breast cancer and breast disorders (discharge, lumps). For further information, contact her at 668-9670.

Lisa A. Miller, MD

YSA Yankton Surgical Associates, PC

409 Summit, Suite 3400, Yankton • 605-668-9670
www.yanktonsurgical.com

Thank you to the businesses and individuals generously investing in the YES! Initiative... a five-year comprehensive program to attract and retain industry, educate the workforce, and promote Yankton's growth.

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YES!

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For more information, contact Yankton Area Progressive Growth, Inc. at (605) 665-9011 or on the web at www.yanktonedc.com