

VISITING HOURS

Hearing Aids Help Restore Quality of Life

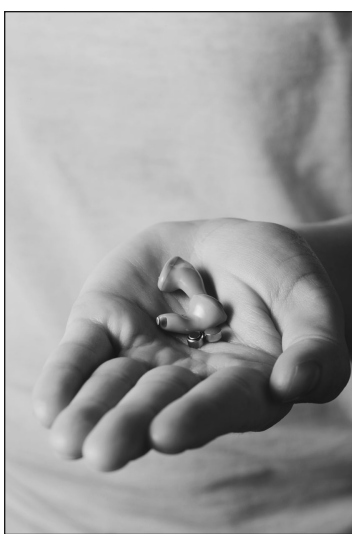
BY MATTHEW D. RUMSEY, AU.D.,CCC-A
AND CRYSTAL B. DVORAK, B.S.
Avera Yankton Ear Nose and Throat

Hearing loss is too often an accepted handicap. Studies have found time and time again that hearing loss leads to less social activity, more isolation, increased sadness and depression.

A recent study by the Perelman School of Medicine at the University of Pennsylvania found other negative impacts of hearing loss besides these social and emotional problems. They found that declines in hearing ability may accelerate gray matter atrophy in auditory areas of the brain and increase the listening effort necessary for older adults to successfully comprehend speech. The University of Pennsylvania researchers conducted two studies, which investigated the relationship between hearing acuity and the brain. Dr. Jonathan Peelle stated, "As hearing ability declines with age, interventions such as hear-

ing aids should be considered not only to improve hearing but to preserve the brain." He went on to explain, "Your hearing ability directly affects how the brain processes sounds, including speech."

These studies motivate audiologists to promote better hearing in order to help patients preserve their brains, so they can perform to their best ability in everything they do. Audiologists promote better hearing in many ways, such as informing the public of the dangers of noise exposure, providing hearing screenings to community members and helping patients cope with their hearing loss.



Executive Director of the Better Hearing Institute, Sergei Kochkin, Ph.D., advises people with hearing loss that their first step to preserving their quality of life is to make an appointment with a hearing health care professional. He went on to advise people, "If you want to keep your mind sharp and life complete, don't leave hearing loss unaddressed."

While hearing aids are often the primary solution, there are other types of assistive listening devices that can help certain people. Having your hearing tested and discussing options with an audiologist is the first step. If hearing aids are recommended, you

and your audiologist will work together in choosing the best hearing aids for you. Audiologists offer trial periods to make sure you are successful with hearing aids. The range of trial periods can vary between audiologists. Avera Yankton Ear, Nose and Throat offers a 90-day trial period to insure 100% satisfaction.

For more information on hearing loss, its treatment and prevention, visit Avera Yankton Ear, Nose and Throat at www.yanktonent.com or, better yet, call our friendly staff at 1-888-515-6820 to schedule a complimentary consultation to learn firsthand about your hearing.

We Listen, We Care, We Help!

THIS WEEKLY COLUMN IS PRODUCED BY THE PUBLIC RELATIONS OFFICE AT AVERA SACRED HEART HOSPITAL TO PROMOTE HEALTHY LIFESTYLES AND PROVIDE USEFUL MEDICAL INFORMATION TO OUR COMMUNITY.

S.D. Selected To Be Part Of Science Standards Development

PIERRE — South Dakota is one of 20 states selected as a Lead State Partner in the development of the Next Generation Science Standards, or NGSS.

The process for developing the Next Generation Science Standards is being spearheaded by key members of the scientific community. It will be a state-led effort and will follow the Framework for K-12 Science Education. The framework was developed by the National Research Council to identify the scientific skills needed for today's students and tomorrow's workforce.

As a lead state, South Dakota will have full access to the development process from the beginning, including online access to the writing and support in developing transition strategies. In addition, funding will be provided for state lead officials to meet with the NGSS writers, provide direction and guidance, deliver feedback from state-level committees, and address common adoption and implementation issues that exist among the states.

"We are very excited to be taking part in the development of the Next Generation Science Standards," said South Dakota Secretary of Education Dr. Melody Schopp. "Staying on the cutting edge of science and technology is crucial to finding success in the global economy now and in the future."

With 20 Lead State Partners, the process will benefit from the collective wisdom of stakeholders from across the country. The next step for South Dakota will be to put together a state-level committee of science teachers, researchers and stakeholders to review the framework.

Telescope

From Page 1

wonders of the night sky."

Schild said that it would play a big part in the teachers' roles of making studying constellations, for example, more real for students.

"It is going to be an extended classroom," he said. "In the next couple of weeks here when it starts getting dark a little earlier, we are going to take the telescope and set it up in the football field behind the middle school. We plan on asking Green down to share his expertise with us."

Schild said the school plans to start an informal astronomy club.

"We are going to open it up to the public," he said. "We will go outside and see what the stars are like and the planets at that time. We will invite area astronomers and the public to take part."

"It is an amazing telescope. I took it out on a night when there were only two stars in the sky and I looked through it. The sky was filled with stars."

The telescope is now sitting in the lab at school, where it is already generating curiosity, Schild said.

"Carol Larrington, the other eighth grade science teacher, and I will be the ones taking the students out to look through it," Schild said. "If we can spark a little interest in astronomy, it will be a great for them to see that side of science."

The Pride Factor In Farming Has A Price

BY VAL FARMER
www.valfarmer.com

What has been the driving force for progress in agriculture? There are many, but one is that farmers compete with their neighbors. It's not hard to see why.

It is difficult to name another profession where the neighbors all do the same thing for a living, where each farmer has roughly the same raw material (land), the same economic environment (market price), and the same physical environment (weather) with which to contend.

The differences in farms lie in appearance, size and application of management practices. To the practiced eye of a farmer, the management ability and the success of a farmer are visible from the road. Looking over the fence can be a useful tool for learning new ideas.

Farmers judge each other by what they can see. What they can't see, they can hear about, either from the farmer's own lips or from the big table at the local cafe. The only thing farmers don't know about their neighbors is the size of their bank accounts. Besides land becoming available, that is the ultimate secret in a rural community.

Pride is seductive. It is easy to see how new equipment, the appearance of buildings, and the size of the farm are seductive as farmers judge their worth. They know this because that is how they judge others. To be first out in the field and the first done with harvest isn't just being efficient but is also a source of pride. This is noticed. Management decisions are open to view across the fence line. In such an atmosphere, one is tempted to live by appearances.

The usual signs of success in urban life, such as clothes, trips, fancy homes, new cars and lavish hospitality, are impractical and might be subject to criticism in rural communities. But with an increased exposure to media, rural people feel a competitive need for the same quality of life and conveniences they perceive urban and suburban dwellers have.



Val FARMER

The demands of farming are such that long hours are the norm. Many farmers have little else they like to do - or feel as much satisfaction about - as their farm work. How can they reward themselves for this life of sacrifice and hard work? The psychological boost they give themselves is new equipment and improvements that make their farming a little easier. These improvements also have the added benefit of being seen by other farmers.

Gaining perspective. A

farmer shared these comments on how the financial crisis in agriculture changed his view of why he does things.

"Things have been turned upside down. We used to compete with other farmers for land, progress, prestige, accomplishments and to make things bigger and larger. The banker was our friend, sharing in that growth."

"Our neighbors were envious and tried to keep up with us. Now we farmers are in the same boat and compete against the lenders and the suppliers for the disappearing wealth. We've learned to circle the wagons and do some soul-searching. We've sorted out our priorities. We've learned to cut corners and be creative in our efficiencies. We've had to deal with realistic values, no matter how pretty the paint."

Another farmer described how he chose not to compete with his neighbors.

"My adjustments were made way back. I reached a point in life in which I was satisfied. I didn't get greedy. We were satisfied with what we were and what we did. The pride factor has a price. The idea of bigness ruined more people. We wanted to grow naturally."

"I plan my improvements for the year. If something comes up to interfere, I can wait another year. I try to stay with the times. The innovations I try have to be

within the possibility of the economy I live in."

Off farm investments. One grain company executive described what he sees as the biggest problem in the way farmers manage their assets. He feels that too many farmers reinvest their profits into capital expenditures on their farms and don't set aside enough of a cushion to ride them through a couple of bad crop years: bad weather, poor prices, major breakdowns, etc.. To him, liquidity of assets represents a major strength in coping with the unforeseen.

He has seen too many farmers reinvest the profits of a particularly good agriculture year right back into capital improvements. This may leave the farm even more precariously short of liquidity during hard times.

Following your own convictions. Perhaps pride, competition, and self-reward have something to do with this impulse to plow the profits right back into the farm. However, the ultimate goal in a highly competitive business is to still be in business. This means hard-nosed decisions and following one's convictions regardless of how it looks to the neighbors. Those who are in solid financial shape now were often laughed at for their caution and conservative ways during times when others took big chances.

Looking good in the eyes of the neighbors or in the community is a false standard upon which to make management decisions. The test of management is to utilize knowledge, skills and resources to find a niche in the marketplace that will result in a profitable enterprise. This task alone is daunting enough in today's agriculture and should light competitive fires and push people to be their best without needing to look over the fence.

Val Farmer is a clinical psychologist specializing in family business consultation and mediation with farm families. He lives in Wildwood, Missouri and can be contacted through his website.

THIS COLUMN IS SPONSORED BY LEWIS & CLARK BEHAVIORAL HEALTH.

Santee

From Page 1

Caucasian women.

"Statistics show that one in three Native American women will be sexually assaulted in their lifetime," Deborah Gilg, U.S. Attorney for the District of Nebraska, said during Tuesday's ceremony. "One out of every four children will witness an act of domestic violence," she added.

According to the Department of Justice's report, "Violent Victimization and Race," 8.1 per 1,000 Caucasian women will be victimized by an intimate partner while those numbers for Native American women are 23.2 per 1000.

The study shows that the rate

of violent victimization of Native Americans is about twice that experienced by blacks, 2.5 times that sustained by whites, and 4.5 times that experienced by Asians.

"To me it's a human rights issue," Gilg said.

She added that domestic violence is generational and is passed down from parents to their children.

"Over many decades, we have lost the teaching that our women and children are sacred," Thin Elk said.

Misty Thomas added that one of the goals for the center was to bring spirituality into the lives of the victims to regain some of the traditional teachings.

"It's places like this and dedicated women like these that help break the cycle of abuse," said Gilg.

Other resources provided by Otokahe Teca Tipi include:

- legal and court advocacy,
- transportation,
- assistance with harassment/protection orders,
- community resource referral,
- development of a safety plan,
- limited financial assistance
- educational presentations
- women's support group

For more information about the shelter or to make a donation, call 402-857-2316.

Arrest

From Page 1

Waggoner was under arrest and being cared for at the hospital after having been shot during an alleged June 22 home invasion in Powersite, Mo.

According to various media reports, Peggy Melton came home to find Courtney Gail Simpson sitting in what was later discovered to be a stolen pickup near her home. The homeowner

entered the residence and heard noises coming from an interior bedroom. She grabbed a gun and confronted Waggoner. After he threatened to shoot her, the 68-year-old woman shot three times and struck Waggoner in the upper left torso.

He and Simpson, both of whom are from Harrison, Ark., were later arrested by Taney County (Mo.) authorities. Waggoner is charged with burglary, tampering and armed criminal action.

Waggoner is also wanted on two warrants out of Boone

County, Ark. According to the Harrison (Ark.) Daily Times, the warrants charge him with theft by receiving, second-degree forgery, possession of drug paraphernalia, obstructing governmental operations and drinking in public.

NEWS AROUND THE CLOCK
www.yankton.net

WESTERN SNOWPLOWS
Authorized Dealer

MIDWEST RADIATOR & EXHAUST

1211 East Hwy. 50
Yankton, SD • (605) 665-2410

P&D CLASSIFIEDS WORK FOR YOU!
(605) 665-7811

Hurry Last Year for the Stimulus Package!

Government Stimulus.....up to \$500*
Manufacturer & Utility Rebates.....up to \$2550*
Larry's Trade-In Money.....up to \$450*

* Some restrictions apply. See store for complete details.

For a Total up to **\$3500***

Trade In your Energy Hog Furnace/AC for Great Savings

Call Larry or Brad Today for a FREE Energy Analysis

Larry's HEATING & COOLING

920 Broadway • Yankton • 665-9461 • 1-800-491-9461

Meet Dr. Sternquist, OBGYN

YANKTON MEDICAL CLINIC, P.C. IS PLEASED TO ANNOUNCE THE ASSOCIATION OF **Jill Sternquist, M.D.**
Board Eligible Obstetrics and Gynecology

Dr. Sternquist is a graduate of the University of South Dakota School of Medicine. She completed her Obstetrics and Gynecology residency training at the Creighton University Medical Center in Omaha, Nebraska.

Dr. Sternquist will provide medical and surgical treatment of diseases unique to women, regular examinations, pap smears, infertility treatment, family planning and care of women before, during and after childbirth.

The Clinic is pleased to welcome Dr. Sternquist, her husband, Jason Nelson, and their sons, Easton and Xavier, to Yankton.

Dr. Sternquist began seeing patients at the Yankton Medical Clinic, P.C. on August 15, 2011. Appointments can be made by calling 605-665-5538.

CELEBRATING 45 YEARS OF CARE

YANKTON MEDICAL CLINIC, P.C.
www.yanktonmedicalclinic.com

So Much Care, So Close to Home.