

Receding Mo. River Reveals Damaged Land

OMAHA, Neb. (AP) — As the Missouri River slowly recedes, farmers are encountering sand dunes, debris and deep gouges the floodwaters carved into their once-fertile land. The soil quality has also been hurt because of the floodwaters. Officials don't expect all the floodwaters to disappear until sometime in October, so farmers will have little time to rehab their fields this fall because of harvest chores and the onset of winter. That means many of the hundreds of thousands of acres of flooded farmland along the Missouri River may be out of production for at least a year — if not longer. Nebraska farmer Scott Olson predicts that it will take several years to get the damaged land he farms near Tekamah back in shape for production.

3 S.D. Cities To Help Pierre With Flood Cleanup

PIERRE (AP) — At least three South Dakota cities are providing help to Pierre officials for flood cleanup efforts. Pierre Mayor Laurie Gill tells KCCR that Aberdeen, Brookings and Huron have all agreed to provide crews and equipment to help Pierre with the cleanup. She says the extra assistance is needed to help Pierre crews finish street and utility work before winter. Gill says mayors of several communities have offered assistance to Pierre since the flooding started and crews from other cities may join in to help. She says Pierre will be billed directly for the work. Pierre officials will then ask the Federal Emergency Management Agency to reimburse the city.

I-29 North Of Council Bluffs To Reopen

COUNCIL BLUFFS, Iowa (AP) — The Iowa Department of Transportation says it plans to open Interstate 29 from Council Bluffs to the Interstate 680 interchange near Loveland. Transportation officials say the plan to open the 16-mile stretch of I-29 Friday night. It has been closed since June 9 because of flooding on the Missouri River. Officials say tons of debris, sludge and hazardous materials have been removed from the roadway. The surface has been power washed and the ground beneath the highway has been tested for stability. Reopening the stretch of highway will reduce detours for many residents and commercial carriers.

S.D. Trooper Cleared In Fatal Shooting

PIERRE (AP) — A South Dakota Highway Patrol officer who shot and killed a man in the western tourist town of Custer has been cleared of any wrongdoing. Attorney General Marty Jackley says an investigation by the state Division of Criminal Investigation concluded that Trooper Todd Albertson was justified in firing his weapon. Albertson shot and killed 22-year-old Cody Engen of Custer on Sept. 6, after authorities say Engen had gone on a rampage with a pickup truck and handgun, leaving a trail of destruction. No one else was hurt.

S.D. Man Sentenced In Big Marijuana Bust

RAPID CITY (AP) — A Rapid City man accused of helping bring marijuana from Denver to South Dakota has been sentenced to nearly four years in federal prison. Authorities say 26-year-old Jaret Hagar was in a vehicle that was stopped by a Highway Patrol trooper in July 2008 and found to have 30 pounds of marijuana. He pleaded guilty in June to a drug conspiracy charge. U.S. Attorney Brendan Johnson says Hagar was sentenced to three years and 10 months in prison. He will be on supervised release for six years following the prison term.

S.D. Red Meat Production Up In August

SIOUX FALLS, S.D. (AP) — Commercial red meat production for South Dakota totaled 83.2 million pounds during August, up 17 percent from July and up 2 percent over the year. The Agriculture Department says August pork production was up from one year ago, while sheep and lamb production was down. The commercial hog slaughter in South Dakota totaled 382,900 head, compared to 377,500 head in August 2010.

S. Dakota Indian Education Summit Starts Sunday

BY KRISTI EATON
Associated Press

SIOUX FALLS — Teachers gathering at this year's South Dakota Indian education summit will dig into the state's new standards for teaching Native American culture and history. About 600 educators are expected at the three day event that starts Sunday in Oacoma. A major emphasis will be the Oceti Sakowin standards adopted by the state Board of Education in July, said Roger Campbell, the state's Indian education director. The standards are intended to set what public school students should know about South Dakota's Lakota, Dakota and Nakota people. Examples of the standards include teaching high school students to use knowledge of the stars to identify sacred sites within the Black Hills, elementary school students to compare the Oceti Sakowin to the mainstream

family structure and second-graders to understand the passing of time through family lineage. The developers of the standards have said they also hope learning more about Indian culture helps all of South Dakota's citizens get along better. And Campbell said they should make history more interesting to some Native American students who haven't felt connected with the U.S. history being generally taught in schools. "By not seeing a reflection of them and their peoples' history, I think you lose some of that relevancy and keeping them engaged," he said. John W. Tippeconnic III, director of American Indian Studies at Arizona State University, said culture and language continues to be a barrier for Native American students in the classroom as more emphasis is placed on math and science across the country. "I think what's new today is we're in a pe-

riod of accountability and standards with No Child Left Behind that focuses on reading, math, science and technology, and it's hard to build in at times a focus on language and culture if we don't see a viable connection between the two," said Tippeconnic, who was the director of the Office of Indian Education Programs for the Bureau of Indian Affairs from 1992 to 1995. Tippeconnic and Joseph Marshall III, an author who was born and raised on the Rosebud Sioux Indian Reservation, will be the featured speakers at the summit. Other topics to be covered during the summit include developing anti-bullying policies, maintaining and exceeding expectations and preventing students from dropping out. A group of Native American and non-Native American students will also describe their experience earning degrees at Sinte Gleska University, a tribal university on the Rosebud Sioux Indian Reservation.

ASK THE EXPERTS

Assisted Living/Hospice

Q What do Hospice Social Workers do?

A. Hospice social workers are typically master-level social workers, or bachelor-level social workers working under the supervision of a master-level social worker. These professionals work together with the rest of the multidisciplinary hospice teams to ensure that the patient's wishes are being served and respected. Hospice social workers provide a wide variety of service, from teaching and leading relaxation exercises to help patients experiencing pain or nausea, to counseling for anxiety and depression. Social workers are adept at problem-solving and advocacy, and often assist patients and families with locating needed resources. Using a strengths-based approach, hospice social workers help patients and families identify and utilize coping skills that they can draw upon during this challenging time. Social workers provide support for coping with grief and bereavement issues before and after the patient's death. Throughout this process, social workers strive to ensure that their patients and families are treated with care and dignity they deserve.

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Urological

Q Can diet play a role in preventing prostate cancer?

A. The following is a short list that summarizes dietary aspects of risk factors for prostate cancer:

1. Keep your Vitamin D levels normal. Low vitamin D is a risk factor for prostate cancer growth in bone.
2. Diet high in fruit and vegetables and low in carbs can lower risk of prostate cancer.
3. Low fat diet.
4. High dietary intake of Calcium has been identified as a possible risk factor.
5. Soy milk or protein can lower ones PSA level and possibly lower risk of prostate cancer.
6. Lycopene rich foods are good (tomatoes, tomato paste, watermelon, papaya, mango, oranges).
7. Moderate exercise and weight control.
8. Any use of grape seed supplements in one study reduced the risk of prostate cancer by 41%.
9. Other supplements including chondroitin, coenzyme Q, fish oil, garlic, ginkgo biloba ginseng, glucosamine or raw palmetto, did NOT reduce the risk of prostate cancer.
10. More aggressive vitamin D supplementation should be considered in obese cancer patients with a body mass index (BMI) greater than 30kg/m.
11. High intake of protein from dairy products might increase the risk of prostate and breast cancer by increasing the body's production of insulin-like growth factor. Dairy is ok in moderation however.
12. Red meat cooked well done has been associated with increase risk prostate cancer. Therefore less barbecuing and less processed meats is advised. Don't cook your occasional steak or hamburger to well done. White meat (chicken) is not associated with a higher risk of prostate cancer.
13. Green tea is good.
14. Cruciferous vegetables (broccoli etc) is good.
15. Omega 3 fatty acids is good.

Dr. Joseph Boudreau MD, F.R.C.S.

Yankton Urological Surgery, Prof., L.L.C.

2009 Locust, Yankton • 689-1100

Family Medicine

Q How often do I need a pap smear?

A. •A pap smear and pelvic exams are important parts of a women's routine health care because they can detect cancer or abnormalities that may lead to cancer of the cervix. Human Papillomavirus (HPV) infection is the primary risk factor for cervical cancer. •Guidelines from the American College of Obstetricians and Gynecologists recommend that women begin pap test screening at age 21, be screened every 2 years through age 30, and then be screened every 3 years as long as their last three test results have been normal. •If the pap test shows abnormalities, further tests and/or treatment may be necessary. Women who have been vaccinated against HPV's still need to have pap tests. If you need to be scheduled for your pap smear and pelvic exam, please call Lewis & Clark Family Medicine today.

Information taken from the National Cancer Institute.

1101 Broadway, Suite 103A
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Chiropractic

October Is Chiropractic Health Month

Educational requirements for doctors of chiropractic are among the most stringent of any of the health care professions. The typical applicant at a chiropractic college has already acquired nearly four years of pre-medical undergraduate college education, including courses in biology, inorganic and organic chemistry, physics, psychology and related lab work. Once accepted into an accredited chiropractic college, the requirements become even more demanding - four to five academic years of professional study are the standard. Because of the hands-on nature of chiropractic, and the intricate adjusting techniques, a significant portion of time is spent in clinical training. This extensive education prepares doctors of chiropractic to diagnose health care problems, treat the problems when they are within their scope of practice and refer patients to other health care practitioners when appropriate. The choice to seek chiropractic care is more accepted than ever. It is a great non-surgical, non-pharmaceutical way to care for your needs. The doctors at First Chiropractic Center want to invite you to a great experience.

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Ear, Nose & Throat

Q Dr. Rumsey, I used to get a lot of earaches when I was little. Can this affect my hearing when I'm older? I seem to hear better out of my right ear, but if I remember correctly, my earaches always seemed to be in my left ear.

A. This is a good question that we get quite a lot. Although there are scenarios where earaches as a child can lead to permanent hearing impairment as an adult, usually it does not. It is interesting that you notice the ear that was most affected is also the ear with the greatest hearing difficulty. A comprehensive hearing evaluation would be the best way to determine the type, degree and potential cause of your hearing difficulties. There are three types of hearing impairments: conductive, sensorineural and a mixture of both conductive and sensorineural. A conductive hearing loss would be linked to earaches and ear infections and is best treated and corrected through medication or surgery. A sensorineural hearing loss is less likely to be linked to middle ear difficulties and is best managed with hearing aids. I hope that this has answered your question. If you need more information or would like to schedule a hearing evaluation, do not hesitate to call me.

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Matthew Rumsey, AuD., 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

Q I am participating in the YankTON Challenge program and need any advice you can give to help me keep losing weight.

A. The key to successful weight loss is persistence. It is about making lifestyle changes that will remain with you for the long term not just during the course of losing weight. There are five keys that researchers have found that people who lose weight and keep it off seem to share.

- *They eat breakfast daily
- *They maintain a low calorie, low fat diet
- *They weigh themselves at least once per week
- *They watch at less than 10 hours of TV per week
- *They exercise at least one hour per day on the average

You may find that the weight comes off quickly at first and then may seem to plateau. This is not uncommon, don't quit. Change up your exercise routine, pick up the intensity, drink plenty of water and just keep up your good habits. Large weekly weight loss is generally unrealistic so shoot for losing 1-2 pounds per week and just keeping it off. Good Luck!

Angie O'Connor
Clinical Exercise Specialist

Avera Sacred Heart Wellness Center
501 Summit • 665-9006

Podiatry

Q Do Podiatrists treat Diabetic Ulcers?

A. As podiatrists, we are trained in medical and surgical care of the foot and ankle. A large part of our training and patient care, involves the lower extremity ulcer caused by diabetes. Podiatrists treating wounds take into account not only the wound itself, but also evaluate the mechanics of the foot and ankle. This way, they prevent and heal ulcers by treating faulty biomechanics. Faulty biomechanics lead to ulcer formation, and prevent ulcers from healing. Two recent studies evaluated care by podiatrists for patients with diabetes. Podiatrists treat lower extremity complications from diabetes, prevent amputations, reduce hospitalizations, and provide savings to our health-care delivery systems. The growing epidemics of diabetes and obesity and their concurrent complications, along with the aging of the population, are among the many reasons podiatrists are necessary and important members of the physician community and demand for their services is increasing.

Avera Sacred Heart Hospital Professional Office Pavilion
409 Summit St., Ste. 2600, Yankton
668-8601

Avera Foot and Ankle Clinic

Pharmacy/Nutrition

The Flu Shot

The flu vaccine is an inactivated vaccine providing protection against three influenza viruses. The 2011-2012 flu vaccine will protect against an influenza A (H1N1) virus, influenza A (H3N2) virus and an influenza B virus. These viruses are common Director viruses that are the most likely strains to expect throughout the next year. The efficacy of the flu vaccine is individualized and depends on the age and health status of the person receiving the vaccine. People who are at high risk for developing flu-related complications are those who should receive a flu shot, including: children younger than 5, adults 65 years of age and older, pregnant women, people who have weakened immune systems, and those who live with or care for these individuals. Flu season occurs between the months of October and March; therefore, the best time to receive the flu shot is in October to ensure that the vaccine will last the entire flu season. It is important to remember that there is some risk associated with receiving the vaccine. The flu shot has a small potential of producing side effects that you should be aware of, including: soreness, redness or swelling at the injection site. These side effects usually occur within 1 or 2 days after the vaccine is given and should resolve within a few days. It is important to discuss the flu vaccine with your doctor if you have never received one or if you have any other medical conditions. Flu shots are recommended for most people and can provide benefit in the upcoming flu season.

Kim Kortje
Pharmacy Director

Hwy 10 Pharmacy • 665-8261

PROGRAM IS FREE AND OPEN TO THE PUBLIC

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Brian Lamb

Thursday, Oct. 6, 7 p.m.
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To receive up to six free tickets in advance, write to jharris@freedomforum.org or call 605/677-6060. Ticket requests will be accepted until Oct. 3. General seating is available the day of the event and is first-come, first-served.

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