

## City To Investigate TAP Grants

From P&D Staff Reports

During Monday's meeting of the Yankton City Commission, the board is set to apply for a TAP Grant to help with phases two and three of construction of the city's trail system on the northwest side of town.

Should the grant be approved, the city will explore possibly completing the project as a single phase.

The commission will also consider the closure of two railroad crossings, a contract award for wastewater sludge removal and a bid award for a standby generator.

The commission meets at 7 p.m. Monday at the Technical Education Center at 1200 W. 21st St.

## 4-H Youth Science Day Targets Distracted Driving

BROOKINGS — Preventing distracted driving will be the focus of several activities held throughout the month of October to celebrate 4-H National Youth Science Day which is Oct. 7.

"Five seconds is the minimum time your attention is taken away from the road when you're texting and driving. If you are traveling 55 mph that is the amount of time it would take to travel the distance of a football field," explained Christine Wood, SDSU Extension 4-H Science Technology Engineering and Math (STEM) Field Specialist, quoting data from distraction.gov. "Those can be some pretty terrifying facts, but do they really hit home and do we really comprehend what that means?"

This year's 4-H National Youth Science Day allows youth to gain a better understanding of what can happen in a collision, as well as how reaction times are delayed by distractions.

Wood says scientific activities developed to celebrate 4-H National Youth Science Day are designed to engage youth in science, promote 4-H, provide public awareness on the dangers of distracted driving and pro-

moting pedestrian safety.

"4-H National Youth Science Day coincides with the National Walk to School Day, and because healthy living is something we promote through 4-H programming, activities focused on pedestrian safety fit right in," Wood said.

One activity youth will engage in is the 4-H National Youth Science Day experiment which will teach youth about vehicle speed, momentum and kinetic energy as well as the impact that those factors have on car crashes.

"Within this lesson youth learn the importance of seat belts when in a car and helmets when on a bike. Youth also have an opportunity to explore reaction times and how distractions can affect them," Wood said. "By utilizing science to explain these everyday occurrences, youth not only have the potential to gain a new-found interest in science but it also brings a new kind of awareness to a very hot social issue for today's youth and adults."

For more information about these events contact your local 4-H Advisor or the State 4-H STEM Field Specialist, Christine Wood at Christine.wood@sdstate.edu.

## Nominations Sought For SD Retailer Of The Year Award

PIERRE — The South Dakota Retailers Association invites customers, vendors, clubs and other organizations to nominate their favorite retail store, grocery store or restaurant for the South Dakota Retailer of the Year Award.

The prestigious award is presented annually to a business owner or manager who runs a top notch business, and plays a positive role in their community.

"Each year, we are honored to recognize an outstanding retailer from South Dakota who is providing stellar customer service, creating jobs, giving back to their community and supporting our state's economy," says Shawn Lyons, Executive Director of the South Dakota Retailers Association (SDRA).

Individual business owners and managers are eligible for the award, as are partners and families who run a business as a team.

Previous recipients of the Retailer of the Year Award include hardware stores, restaurants, grocery stores, clothing stores, flower shops, appliance stores, gift shops,

pharmacies, implement dealers, book stores and other businesses that play a vital role in the every day life of communities across the state.

Nominations may be mailed, emailed or faxed by Nov. 2, 2015. Nomination forms and instructions are available online at [www.sdra.org/EducationEvents/RetailerofYear](http://www.sdra.org/EducationEvents/RetailerofYear). Rather than using the official form, nominations for the Retailer of the Year Award may also be submitted by letter to SDRA at PO Box 638, Pierre, SD 57501, by fax at 605-224-2059 or by email at [donna@sdra.org](mailto:donna@sdra.org).

A committee of retailers will then select the recipient, who will be honored at the SDRA Awards Banquet in Pierre in January. The event is attended by legislators and state officials, as well as by business people from across the state.

Nominees who are finalists for the Award will receive a Certificate of Distinguished Service by mail.

For more information, contact the South Dakota Retailers Association in Pierre at 800-658-5545, visit the Association's website at [www.sdra.org](http://www.sdra.org) or email [donna@sdra.org](mailto:donna@sdra.org).

## Yankton Christian Homeschoolers To Meet

Yankton Christian Homeschoolers will be meeting Oct. 2 at 10 a.m. at the Yankton Community Library.

Students will be presenting a topic they learned over the last month. Following the meeting, discussion will take place about future field trips and teaching tips.

Those interested in home-schooling are invited to attend.

# Oscar Howe Art Show At USD Includes Artist's Rare Letters

VERMILLION — An exhibition on display at the University of South Dakota marking what would be Oscar Howe's 100th birthday includes rare correspondence by him, two of his sculptures and original paintings he created, including a newly acquired piece.

"Oscar Howe: A Centennial Celebration" is open daily until Oct. 16 at the John Day Gallery in the Warren Lee Center for Fine Arts at USD, where Howe taught from 1957 until 1980. The exhibit reception will be 4-6 p.m. Friday, Oct. 2.

It features:  
 \* Forty-seven Oscar Howe paintings, 30 of them owned

by USD and 17 on loan from the Howe family. The paintings on display all were created during his time teaching at USD. One piece featured in the exhibition, "Calling on Wakan Tanka," the first painting USD purchased from Howe, has now recently returned from touring with the exhibition "The Plains Indians: Artist of Earth and Sky," which went to Paris, New York and Kansas City, Missouri.

\* Two Howe sculptures, a wood carving and another from South Dakota alabaster. Howe is mostly known for his paintings, and many people don't know about his sculptural work.

\* Several pieces of correspondence on loan from the Library Archives and Special Collections that show Howe's role in changing Native American art standards. Howe entered a piece in the 1958 National Indian Painting Competition at the Philbrook Museum of Art, but it was rejected as not being a "traditional Indian painting." That letter is part of the USD exhibit as is Howe's letter of protest, a letter from the exhibit's juror in response and a letter from the Philbrook's director. Howe's protest letter is well known, but the other letters are not often cited and paint a larger picture to the story

and change the context of Howe's letter, which ultimately led the museum to change the rules.

"Even though the University Art Galleries at USD has two exhibitions of Howe's work every year in the Oscar Howe Gallery in Old Main, this exhibition is truly one-of-a-kind. Moving the centennial show into our main gallery, the John Day Gallery, has allowed us to show more of his works at once, which showcases how active he was as an artist," said Michelle St. Vrain, interim director of University Art Galleries.



## Funeral & Cremation

Q. How can I better personalize the funeral or memorial service of my loved one?



Cheyenne Schroeder

A. Every aspect of the services you decide with your family and friends for your loved one is a personal one, from the photo you use

to represent your loved one to the clothes they wear are decisions for you to make. If your loved one gifted you with prearrangements or thoughts on their future services, the final decision will still be yours to make. The funeral director is there to "direct" the process, you are not alone! It could be a video, candle, prayer cards, thank yous, memorial folders, obituary, song choices, casketbearers, casket panels, picture boards, memento displays, flower arrangements, urn engravings, and so, so much more.

You and your loved one had a personal connection, you can and do have the freedom to make your loved one's services just as personal. Let your funeral director help you. That's what they are there for.

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## Family Medicine

Q. "I am a 60-year old female concerned about getting osteoporosis. Some of my friends have had some type of testing done for it. Should I be tested as well and what else can I do to prevent osteoporosis?"



Jeffrey Johnson, M.D.

A. That is an excellent question many females your age often ask as it is a valid concern in our society. Current recommendations state that we can do a bone mineral density test at age 65 in females that is known as a DEXA, or DXA, scan. The only reason we would ever do it before age 65 is if you have had multiple bone fractures, a family history of osteoporosis, early menopause before age 45, rheumatoid arthritis, a low body mass index, and/or a history of alcohol or tobacco use. Talk with your physician if you have any of these risk factors to see if you need any testing before age 65. In the meantime, there are many great lifestyle changes you can make on your own to prevent or delay the onset of osteoporosis. These include alcohol or tobacco cessation, adequate calcium or Vitamin D intake, and maybe most importantly is to ensure you partake in regular exercise that consists of weight-bearing activity to improve bone strength. Osteoporosis is preventable and not affected by age alone so I would highly encourage you to consider the lifestyle recommendations listed in order to live a healthy and enjoyable life.



2525 Fox Run Pkwy., Lewis & Clark Medical Plaza, Yankton 260-2100

## Chiropractic

Most people don't know: Chiropractic may help you get sick less.



Sheila Fitzgerald, DC

Studies have indicated that spinal adjustments consistently reduce the production of the pro-inflammatory mediators associated with tissue damage and pain AND may also enhance the production of immunoregulatory complexes (the good guys) for healthy immune system defense. Along with the adjustment, our doctors discuss with you to use a good diet and exercise to support the body's natural immune response. It is important to us to feel good, and consequently we must promote our own health.



2507 Fox Run Parkway, Yankton, SD, 665-8073

## Pharmacy/Nutrition

Q. What is ADHD?

A. Vaccines help prevent many serious diseases. Thanks to vaccines, many diseases have been nearly eliminated. Back to school time brings up many questions about attention-deficit/hyperactivity disorder (ADHD). What is ADHD? ADHD is a chronic condition that affects millions of children. It includes a combination of problems, such as difficulty sustaining attention, impulsive behavior, and hyperactivity. Children with ADHD often struggle with relationships, low-self-esteem, and performance in school. The cause of ADHD is not clear but environmental factors and genetics seem to play a role. Children with ADHD can have multiple signs & symptoms. Symptoms can even start as early as 2 years of age and continue to adulthood. Some common signs and symptoms may include difficulty paying attention, following instructions, and remaining seated. Also children with ADHD may frequently daydream, have problems organizing tasks, lose needed items and interrupt others' conversations. Most healthy children are inattentive, hyperactive or impulsive at one time or another. A child that has problems in school but gets along well at home and with friends is likely struggling from something other than ADHD. The same is true for a child that is hyperactive or inattentive at home but whose school remains unaffected. If you are concerned that your child shows signs of ADHD see your pediatrician or family doctor. If your child begins or is being treated for ADHD, he or she should see the doctor regularly until symptoms have largely improved. There are many medications available to treat ADHD. Most medications for ADHD will require a new prescription from doctor each month. If child is having side effects from his ADHD medication, such as loss of appetite, trouble sleeping, increased irritability, or his ADHD has not shown improvement, call his doctor. Along with medication there is also behavior therapy. Some behavior changes you can make at home to benefit a child with ADHD are keeping a regular schedule, making sure your child is well rested, using timeouts, and giving demonstrations with directions.



Pharmacy • 665-8261

## Ear, Nose & Throat

Q. Dr. Rumsey, since yesterday I've been experiencing short dizzy spells when I roll over in bed or when I look up at anything. What can I do?



Matthew Rumsey, Au.D. CCC-A

A. It appears you are describing Benign Paroxysmal Positional Vertigo (BPPV). BPPV is one of the most common causes of dizziness. It is characterized by short episodes of severe spinning with people often noticing it in the morning when getting out of bed or if they tilt their head back to look at something above them. Currently, there are no known precautions to prevent BPPV. Studies suggest half of the population will suffer from it sometime in life. Fortunately, diagnosis is easy and treatment is very effective. Always see a physician when suffering from any type of dizziness, imbalance, or lightheadedness as it is never anything to be taken lightly. Avera Medical Group is providing specialized testing for this and many other balance disorders. If you have questions regarding BPPV or are suffering from dizziness and imbalance contact us at 655-1220.



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

## Podiatry

Q. What is a Podiatrist?



Christine Wiarda, D.P.M.

A. A podiatrist is a foot and ankle surgeon who spends a great deal of time focusing only on foot and ankle pathology, including but not limited to: fractures, ulcerations, sport-related injuries, tendon injuries, heel pain, bunions, and hammertoes, etc. Podiatry focuses on the biomechanics of the foot and ankle following an injury or surgery and will provide orthotics, if indicated, to help accommodate the foot to prevent further injury. At Avera Medical Group Podiatry, we are able to cast for custom orthotics here in the clinic. We are also fortunate enough to have an orthotist come to our clinic three times a month if bracing or special orthotics are needed. Podiatrists are required to complete four years of Podiatric Medical School (after four-year undergraduate degree) that covers basic and clinical sciences, such as whole body anatomy, pathology, biochemistry, surgery, pediatrics, pharmacology and general medicine, identical in length as Osteopathic and Allopathic Medical Schools. The difference is podiatrists are given intensive foot and ankle specialty-specific education beginning in the first year. Following four years of podiatric medical school, a three-year surgical residency is required that focuses specifically on the foot and ankle.



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## Fitness/Health

Q. I have been walking for exercise and enjoy just doing that, is that good enough?



Angie O'Connor, Clinical Exercise Specialist

A. Walking is a fantastic form of exercise. A study of 13,000 people done through the Institute for Aerobics Research showed that participants who walked 30-minutes per day had a significantly lower risk of premature death than those who did not. It is important to note that the intensity of your walk can play a role in the amount of benefit you achieve. If you find your leisurely stroll doesn't increase your heart rate anymore and you're not feeling challenged by it, perhaps it's time to increase the intensity. Add some hills, change your terrain and if you're a treadmill walker be sure to get some non-belt time in also. While you're are most likely getting some lower body strengthening with your workout, most will also benefit from some additional strength training as well. Ask your Avera Sacred Heart Personal Trainer to help develop a plan that fits your schedule and will help you meet your goals.



501 Summit, Yankton • 668-8357

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Stephen J. Fields, Attorney at Law

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