SECTION D

CAROLYN HAX

Cut some slack to people who ask about your dating status. PAGE 3D



ARGUS LEADER, SIOUX FALLS, S.D. THURSDAY JAN. 6, 2005

South Dakota and the region are alive with community events big and small. Today we offer a look ahead at some of the sights, sounds and activity of the coming year.

Monster trucks to ballet, wine to cycling

anuary

CHRISTMAS WITH THE ANIMALS. Great Plains Zoo & Delbridge Museum in Sioux Falls, Jan. 15. Watch the animals "unwrap" edible presents at 1-3 p.m. Included with paid admission, or free to members. More information at www.gpzoo.org.

MEDIA 1 FUNSKI WINTER CARNIVAL Great Bear Recreation Park, Jan. 28-30. This annual benefit for the Children's inn includes sculpture building, tube races, cross-country races and softball. More information at www.funski.org.

MONSTER TRUCK WINTERNATIONALS & THRILL SHOW, Sloux Falls Arena, Jan. 29, Two shows - 2 and 7:30 p.m. - include robotic dinosaur and flat rack racing. Get tickets at the arena box office or through Ticket master.

SOUTH DAKOTA SYMPHONY ORCHESTRA "JEANS 'N CLASSICS: SOUNDS OF THE EA-GLES," Washington Pavilion, Jan. 29-30. It's two classics combined: rock in roll and classical musicians. Tickets available at the symphony office at 335-7933 or 866-681-7376.

February

"IN THE RED ZONE," Horse Barn Arts Center in Falls Park, Sioux Falls. Feb. 2-27, Wednesdays through Sundays. Artists celebrate the color red. Visit www.siouxempireartscouncil.com.

CHILDREN'S CARE BEACH PARTY, El Riad Shrine, Sioux Falls. Feb. 4. Benefits Children's Care Hospital & School. Visit www.cchs.org.

DAKOTA SPIRIT VALENTINE'S DAY CLASSIC CHEER & DANCE COMPETITION, Brandon Valley High School & Performing Arts Center, Brandon. Feb. 5. Area teams will compete in a cheer team competition and a dance team contest. See www.dakotaspirit.com.

BOAT SHOW, Sioux Falls Convention Center. Feb. 11-13. Free.

"THE CEMETERY CLUB," Olde Towne Dinner Theatre, Worthing, Feb. 18-20 and 24-27. Call 372-4653 for information and ticket times.

COOL HIP AWESOME IMPROV FEST, Edith Mortenson Center, Augustana College, Sioux Falls. Feb. 18-19. More information at 274-5320.

March

SOUTH DAKOTA SYMPHONY ORCHESTRA: VIVALDI'S "GLORIA." Great Hall at the Washington Pavilion. Sloux Falls, March 12. The Symphony Chorus, directed by Dr. James Johnson, fearns up with the propestra for a concent featuring one of Amtonio Vivaldi's most popular works. Tickets available at the symphony office at 335-7933 or 855-681-7376.

ST. PATRICK'S DAY PARADE downtown Siden Falls March 17

"THE FULL MONTY." Washington Paulion's Great Hall, March 23. Tony Award Winner Terrence wichally adapted this musical comedy from the 1997 Academy Award nominated film. Tickets at 367-5000, 877-WashPav. Online at www.washingtonpavilion.org.

April

ROYAL WINNIPEG'S BALLET'S "THE MAGIC FLUTE," Washington Pavilion's Great Hall in Sioux Falls. April 1. Call 367-6000 or 877-Wash-Pav. or visit www.washingtonpavilion.org.

SCHMECKFEST, Freeman Academy, Freeman. April 8-9 and 15-16. Free demonstrations and displays of German crafts and culinary skills, including sausage-making, historical and musical presentations and community art display. German meals, the play "Guys & Dolls" and more. More information at www.Schmeckfest.com.

BILL COSBY, Great Hall at the Washington Pavilion. April 9. One of comedy's most recognized faces. Tickets at 367-6000, 877-WashPav.

DAKOTA CONFERENCE ON HISTORY, LITER-ATURE, ART AND ARCHAEOLOGY, Center for Western Studies, Augustana College, Sioux Falls. April 22-23. Amateur and professional historians present papers on varied topics. This year's theme is "The Black Hills." More information at 274-4007 or hthomps@augie.edu.

Mav

TULIP TIME, Pella, lowa. May 5-7. Tour wagons, the coronation of a tulip queen, a parade and a tractor rodeo. Online at perial unp time com

FESTIVAL. Orange City lowa. May 19-21 Cele-

TULIP

brate flower power with a road race, quit show puppet shows. Dutch dance, daily Volksparade and amusement rides. Online at octulip.

festival.com. FREE FISHING, statewide, May 20-22, Also. a kids' fishing derby will be thay 21 at Indian Oreek.

RIBFEST, Sioux Falls. June 2-5. Music and plenty of food. More information at 605-367-7288 and online at www.sfarena.com.

FORT SISSETON HISTORICAL FESTI-VAL, Fort Sisseton State Park, Lake City. June 4-5. Melodramas,

ARGUS LEADER BIKE RIDE, statewide. June 12-18. This tour debut starts in Yankton and rides to Pierre, covering 455 miles. Stops along the way include Pickstown, Platte and Chamberlain. Online at www.argusleaderbiketour.com.

music and food. Call 605-448-5474.

CZECH DAYS, Tabor. June 17-18. Sauerkraut, tarts, potato dumplings, Mass and dancers celebrate Czech heritage. Call 605-463-2476 for information.

INDEPENDENCE DAY CELEBRATION. Wound Rushmore National Memorial, July 3-4. For information, log on to www.nps.gov.

HOT HARLEY NIGHTS Sloux Falls July 8-9. Make A-Wish Foundation benefit. For information, visit www.hotharleynights.com.

LAURA INGALLS WILDER PAGEANT. DeSmet. July 8-10, 15-17, 22-24. For information, log on to www.desmetpageant.org. BROOKINGS SUMMER ARTS FESTIVAL

Brookings, July 9 and 10. For information, log on to www.bsaf.com

HOT SUMMER NITES Sloux Falls, July 13, For information, visit www.dtsf.com. JAZZFEST, Sloux Falls.

July 15-16. For information, log on to jazzfest slouxfalls.com.

August

STURGIS MOTORCYCLE RALLY, Sturgis. Aug. 8-14. The town swells with metal, leather and motors in this tribute to biker culture. For information, log on to www.sturgismotorcyclerally.com.

TRAINFEST, Milbank. Aug. 12-14. Ride vintage passenger coaches and witness a railway robbery. Model trains and treats are available. For information, visit www.milbank

> sd.com/milbank.htm. MCCRORY GARDEN PARTY. McCrory Gardens, Brookings. Aug. 19. Garden tours, South Dakota State University ice cream and musical acts. For information, call 688-5136.

> > **67TH ANNUAL CORN-**FEST, Ortonville, Minn. Aug. 19-21. Features contests, an air show, music and free sweet corn. For information, call 800-568-5722.

September

GREAT DAKOTA WINE FEST Valiant Vine vards Winery near Vermillion. Sept. 3. Live music all day, wine tasting, cooking demonstrations, grape stomping, pig roast, buffalo feed. vendors and more. More information at www.buffaiorunwinesv.com

SIDEWALK ARTS FESTIVAL downtown Sidex Falls: Sept. 1.0. Arts and crafts booths, an ists. food, entertainment and kios activities. More information at www.sisewalkartstestival.com HUNTERS OLYMPICS North Foint Recreation

Area in Lake Andes. Sept. 10. Archery, shooting and other competitions. Free. Call 505-487 7045. MICKELSON TRAIL TREK Black Hills. Sept. 16-18. The trail ride covers the entire 114-nille Mickelson Trail. Preregistration is required. Wore information at www.mickelsontrall.com

FESTIVAL OF BOOKS, Deadwood, Sept. 23-25. Storytelling, talks and events centered on books. For information, contact the South Dakota Humanities Council at 688-6113.

October

BUFFALO ROUNDUP, Custer. Oct. 3. Dust flies and the ground rumbles as cowboys and park staff gather Custer State Park's 1,500 head of buffalo and drive them into corrals.

SDRA CHAMPIONSHIP RODEO FINALS. Sioux Falls. Oct. 7-9. The top 12 cowboys and cowgirls compete for top honors in each of 11 rodeo events. More online at www.sdrodeo.com. NATIVE AMERICAN DAY, Crazy Horse memorial. Oct. 10. The annual celebration begins at

10 a.m. and features speakers, performing artists and a buffalo stew feed. More information at www.crazyhorse.org. HALLOWEEN HIKE, The Outdoor Campus in Sioux Falls. Oct. 21-22. This nonscary family hike lets visitors learn about South Dakota's outdoors.

NORDEFEST, Watertown. Oct. 29. Enjoy homemade delicacies, including lefse, pies, doughnuts and flat bread, and live music at Grace Lutheran Church. More information at 605-886-9187.

More information at www.outdoorcampus.org.

November

MIDLANDS GOSPEL QUARTET FESTIVAL Sloux Falls, Nov. 11-13. The gospel music festi-

val features 12-15 singing groups and Christian comedy from different states, More information at 712-323-7095

PARADE OF LIGHTS Sloux Falls Nov. 25. This event signals the beginning of the downtown holiday season with dazzling lighted holiday floats and music flooding historic Phillips Avenue. More information at www.dtsf.com. Other lighted parades are planned the same day in Phillip. Aberdeen and Huron, as well as Nov. 26 in Rapid City, Dec. 2 in Omda, Dec. 3 in Yankton and Belle Fourche and Dec. 9 in

Speartish. FEZZIWIG FESTIVAL AT PRAIRIE BERRY WINERY, Hill City, Nov. 25-26. This inaugural event at the Prairie Benry Winery will feature tasting stations pairing food and wine. live music and the first full tours of the winery. More information at www.prameberry.com.

CRYSTAL THEATER CHRISTMAS SHOW. Crystal Theater in Flandreau. Dec. 2-3. A Christmas musical presentation. More information at 605-997-5643.

OLD FASHIONED CHRISTMAS PROGRAM. Courthouse Museum, Custer. Dec. 3. This promaking old-fashioned ornaments, storytelling

VICTORIAN CHRISTMAS, Mitchell. Dec. 4. Tour the restored 1886 Italianate Beckwith House decorated in Victorian style, enjoy musical entertainment and refreshments and toast the holidays at the Middle Border Museum/ Oscar Howe Art Center. More information at

FIRST NIGHT SIOUX FALLS, Sioux Falls. Dec. 31. The New Year's Eve event intends to get families involved in ringing in the new year.

December

gram is alive with children's activities, including and Christmas carols. A Festival of Trees will be on display. More information at 605-673-2443.

www.oscarhowe.com.

Read the Argus Leader Entertainment section for more event listings as they're added. Information is subject to change.

Snow home a refuge in nasty weather

BY JENNIFER SANDERSON

jsanders@argusleader.com When blizzards hit Sioux Falls, school buses don't have far to go to get kids home safely. The only routes outside the city limits are those that encircle the Renberg School, north of the

COMMENTARY

But in rural districts, it's not so easy. In Rutland, for example, where fewer than a dozen of the 110 students live within walking distance of the school, shortened bus routes sometimes meet parents at drop-off points along county roads.

Online radar and TV weather reports help superintendents at many rural schools watch storms and plan ahead. And it's pretty common for schools to send out letters each fall, asking parents to make sure children have a safe place to go if a storm forces an early dismissal. It doesn't happen nearly as often in Sioux Falls. Bill Smith, the district's director of instructional support services, can remember only two or three such occasions since 1977 - the year I was born.

That's a shame, as any 9year-old fresh off Christmas break could testify. Unfortunately, "waist-deep snow" is a relative term.

The greater tragedy, though, is that these kids are missing out on a tradition I remember fondly: my snow home.

Part bed-and-breakfast, part foster home, snow homes were where the country kids went when roads were too icy or drifted in for the district to send out buses.

Growing up on a farm 13 miles outside Conde - about 40 miles southwest of Aberdeen – my younger sister, Andria, and I went through more than one snow home in our grade-school days. We hopscotched through welcomes that I'm

See **SNOW HOMES**, page 3D

Study finds similar outlook in 4 diet plans

BY LAURA BEIL The Dallas Morning News

DALLAS - A side-by-side comparison of four popular diets – Atkins low carb, Ornish low fat, the Zone and Weight Watchers - has found no difference in each plan's weight-loss potential. When the fat-free chips are down, the type of diet doesn't seem to matter nearly as much as whether people actually follow it. "I was kind of surprised at

how similar they all looked," said Dr. Michael Dansinger, who conducted the research with his colleagues at Tufts-New England Medical Center in Boston. The results appeared in Wednesday's issue of the Journal of the American Medical Associa-

No diet, it seems, can escape the laws of thermodynamics. There is no magic: Scale back the calories, or use more of them than you take in, to shed pounds. The four diet approaches studied, Dansinger said, "all end up reducing calories."

At the start of the research.

See DIETS, page 3D

Give people who seem to pry a break

QUESTION: How does one answer the (seemingly rude) questions, "Are you seeing anyone?"/"Do you have a boyfriend?"/"Do you date?" I don't see how that is anyone's business but mine. - Maryland

ANSWER: Surely, with that attitude, you have to beat suitors off with a stick.

Which brings us to what we're really talking about here - how to handle the hostile judgments that seem to underlie such (seemingly rude) questions.

The judgments and hostility are

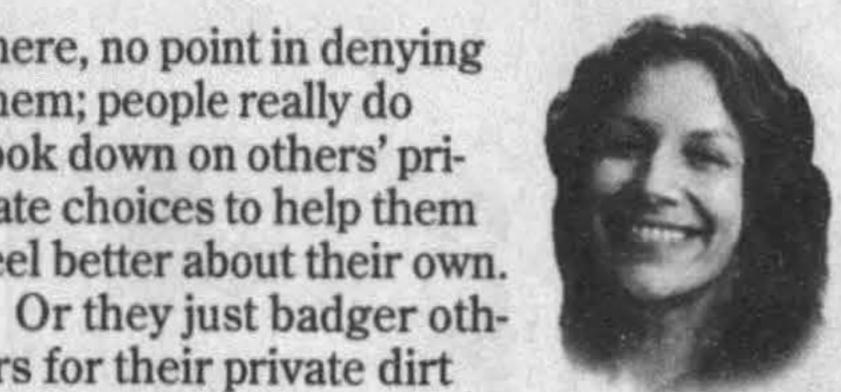
there, no point in denying them; people really do look down on others' private choices to help them feel better about their own.

ers for their private dirt

because they're bored silly with their own. Or they genuinely care about you and aren't judging at all; they merely want to know you better and haven't figured out the 2.2

socially permissible questions that

are neither superficial to the point



CAROLYN HAX Tell Me About It

of pointlessness, nor probing to the point of (seeming) rudeness, nor middepth but close to a nerve.

"So, are you single?" Too pickup-y. "So, are you married?" Too single- and gayhostile. "So, where did you go to school?" Too 22. And elitist. "So, what do you do?" Too mine-is-biggerthan-yours. "So, how's life?" Too likely to net a one-word

answer. "So, are you pregnant?" Too everything. "So, how do you know the bride?" Not bad, though a bit of a dead end, not to mention memorably weird when you use it at the office holiday party.

When you're sure you're being judged or pried into, the best answer is a nondefensive nonanswer - from, "I'm not having this conversation anymore," to, "Hey, isn't that a tufted titmouse?" depending on your panache (and proximity to tufted titmice).

Otherwise, why not be a good sport about the stupid things people ask you. "Nope, unattached. You?" Have social mercy.

E-mail telime@washpost.com.

Snow homes: Foster a sense of community

Continued from 1D

sure wore thinner the longer the

snow held. Virgil and Ardis LaBrie were my grandparents' age, their own children long grown by the time Andria and I came to stay. The LaBries ran Conde Sundries, where customers could find toys, shampoo and Black Hills gold jewelry, get a haircut or fresh Bubble Up, read comic books, buy small kitchen appliances and grab a pop and candy bar all in the same place. No cash on hand? Ask Virgil to charge it, and your name went in a notebook. My own parents received a bill every few months. It was an honor-bound accounting system with a built-in credit limit and serious penalties.

Or so they said. Virgil gave me my first haircut, while I sat atop a fabric-covered piece of plywood that spanned the distance between the arms of his barber's chair. I was promised my choice of lollipop if I sat still.

Within his home, though, there were no good-behavior bribes. Virgil and Ardis expected us to act proper, and I hope we did. Sitting around the supper table, we listened to a recording of "The Lord's Prayer" set to music.

Years later, I'd learn the prayer was a staple for the LaBries and a nightly tradition when their own children were at home. St.

Joseph's Catholic Church, in nearby Turton, was full from choir loft to basement for Virgil's funeral. when the bishop himself drove from Sioux Falls to say a final Mass for his friend.

Conde's parish, St. John the Baptist, wasn't big enough for all the people who came to pay their respects. I hope their next stop was to pay their bills at his store. Andria and I outgrew Virgil and

Ardis, or thought we did. Back then, we wanted to be town kids. The next best thing was to find a snow home that had a couple friends our age. Bruce and JoEllen Herman, who lived on Broadway Street in a house as grand as their address, had two daughters. Heather was my age, though an autumn birthday meant she was a grade behind me. Sonja was in my sister's class.

In addition to those obvious benefits, Heather and Sonja had a room in their house dedicated to piano lessons and playtime, with oversized bean bags scattered on the floor. They had an Atari and a Nintendo before we did. When we

got bored with video games, we'd entertain ourselves by finding creative ways to run the controllers. JoEllen put an end to it when she found us using our noses to push the buttons. It wasn't sanitary during cold season, she said, which we knew but didn't care.

It's silly what you remember of grown-ups. JoEllen died this past August at age 56. Lou Gehrig's disease moved quickly. Her family asked that memorials be sent to the ALS Division of the Muscular Dystrophy Association here in Sioux Falls. I took the chance to say a belated "thank you" for the snow days we asked to spend in her home and the times she fed us early suppers between school and junior high basketball games.

As I got older, finally earning the privilege ("It's not a right, Jennifer") to drive myself to school, snow homes were used less and less. By then, my mom's parents had moved off the farm and into town, and I didn't need a signed contract to know they had to let me in the door.

I was relieved to hear a handful of schools in the state still make snow-home assignments part of fall enrollment. Back in Conde, I talked with Jackie Pazour, elementary coordinator about their policy. "We've been fortunate," said Pazour, who added that snow and freezing rain caused the most recent early out, five or six years ago. "We've kept it on the bottom of the forms at the beginning of the year. It has a blank for emergency contact numbers and one for an

emergency or storm address." Other areas, the Wagner Community School District among them, are considering going back to the idea. I'm sure this week's snowstorm could help convince a few more.

Before signing off on this story, I ran the basics by Heather, my childhood schoolmate. She lives in Sioux Falls, and, like me, she wished we'd had more snow-home days together. We're both town kids now, I guess, and for some reason, the layers of snow don't bring the same excitement they used to.

Snow homes grew out of necessity. But they helped strengthen a sense of community too often misplaced. From them, I learned how to be a grateful guest and that every house, not just my parents', had rules.

Real-time storm tracking aside, they're every bit as needed today.

Reach Jennifer Sanderson at 575-3629.

North Central

Heart Institute

4520 W. 69th St.

605-977-5000

Sioux Falls, SD 57108

Diets: Depend on person

Continued from 1D

the Tufts team assigned 160 volunteers to follow one of the four diet approaches. After a year, average weight loss among the 40 participants in each plan was about 5 to 7 pounds.

But dieting, as dieting veterans will understand, proved difficult. About half the participants in the Atkins and Ornish plans dropped out before the year was up, as did about 35 percent of the Zone and Weight Watchers group.

The findings are, in the words of one scientist, the kind of "no duh" conclusions that may nevertheless startle many dieters.

"It's giving people a slap in the face, one that we scientists have been trying to give for a long time," said Ruth Ann Carpenter of the Cooper Institute in Dallas. But to those in the trenches, she said, "the results are not at all stunning."

Carpenter was particularly disappointed that the study did not address the importance of exercise. "You cannot talk about weight loss without having any component of physical activity," she said. While the 160 volunteers were given general advice about exercise, the research focused on a comparison of the various eating plans.

Still, it is more diet data than scientists had before. A second, unrelated study published Tuesday highlighted the dearth of evidence that any commercial weight-loss program actually works.

Researchers from the University of Pennsylvania School of Medicine combed the scientific literature for research on some of the country's most advertised diet programs. They found only a handful of studies, most about Weight Watchers. One of those studies found about a 5 percent reduction in body weight over three to six months.

Jenny Craig and LA Weight Loss have no published scientific evidence to address their programs' effectiveness.

"With the exception of one trial of Weight Watchers, the evidence to support the use of the major commercial and self-help weight-loss programs is suboptimal," the Pennsylvania researchers wrote this week in the Annals of Internal Medicine.

"The bottom line is that Weight Watchers is by far the best-studied program," said Thomas Wadden, head of Penn's Weight and Eating Disorders Program.

That doesn't mean, however, that everyone should be a Weight Watcher. The encouraging news from the Tufts study, Dansinger said, is that one size doesn't fit all. With so many options, people can find the one they are more likely to adhere to, which is key to success.

His research found that the more rigorously people stuck to the diets, the more they lost. Those who stayed in the study for the full year, trying to follow the rules, lost about 10 to 12 pounds. And those who followed the diets most strictly lost about 15 pounds on average. In the analysis, the researchers assumed that those who dropped out of the study did not lose weight.

One reason people get discouraged, experts say, is that weight is gained slowly, while people want to lose it quickly. That sets many dieters up with unrealistic expectations.

McGreevy Clinic, L.L.P.

My 6-year-old daughter often complains that it hurts when

Many pre-pubertal girls will have irritation and redness of the

technique or irritation from soap. It is also possible that these

she urinates, but always tests negative for bladder infections.

urethral and vaginal openings. Usually this is due to poor wiping

symptoms are due to a bladder infection, so having a urine sample

checked is a good idea. Otherwise, prevent irritation by reviewing proper

wiping (front to back) and avoid soap, bubble bath, and other such

products. If your daughter is experiencing a flare up, have her soak in

What else could be the problem?

warm water with baking soda several times a day.

Rick Kooima, MD

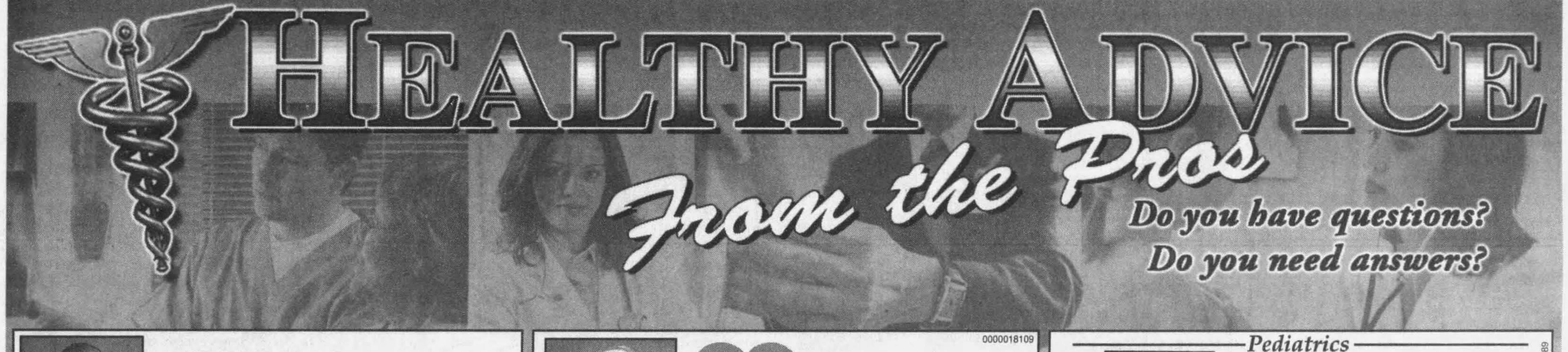
Christiane Maroun, MD

Lisa Sieczkowski, MD

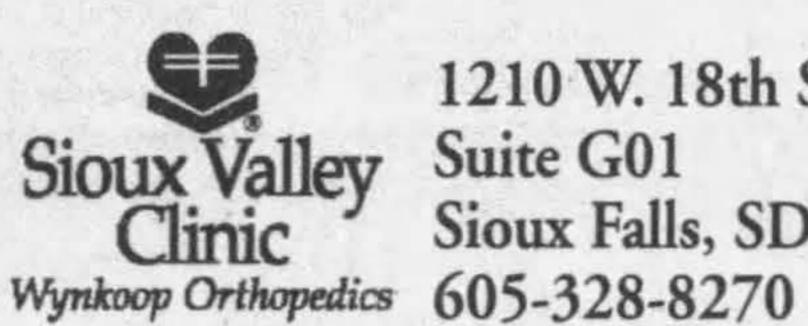
Michael Elliott, MD

1200 South 7th Avenue • Sioux Falls, SD 57105

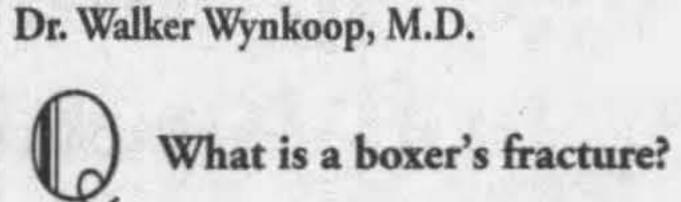
(605) 336-2140







1210 W. 18th Street Suite G01 Sioux Falls, SD 57104



A boxer's fracture of the hand bone just below the knuckle of the small finger. It can happen while boxing without boxing gloves. It is caused by striking a clenched fist against something hard like a refrigerator, wall or car. It is usually treated with a splint or a cast with an outrigger. I prefer a removable splint that allows gentle range of motion. Diagnosis is made by physical examination and x-rays. They sometimes require a local anesthetic and manipulation to realign the fracture, but usually they can simply be treated with a splint or cast. Simple advice: "don't punch anything hard."



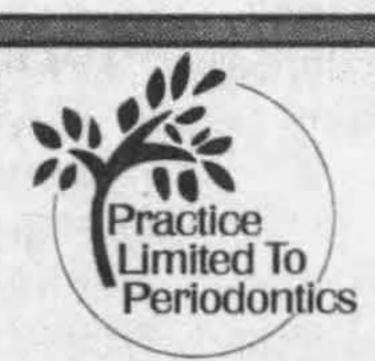
Thomas Kassube,

D.D.S.

(Is Gum Disease contagious?

oral hygiene, professional dental care, etc.

have any suggestions?



Drs. Kassube & Lankford Practice Limited to Periodontics

3805 Kiwanis Circle Sioux Falls, South Dakota 57105 Phone: 605-335-8830 Fax 605-335-0947

There is no evidence of direct transmission of periodontal disease.

treatment. This is probably due to the fact that periodontal disease is very

common. In addition, husbands and wives may exhibit similar patterns of

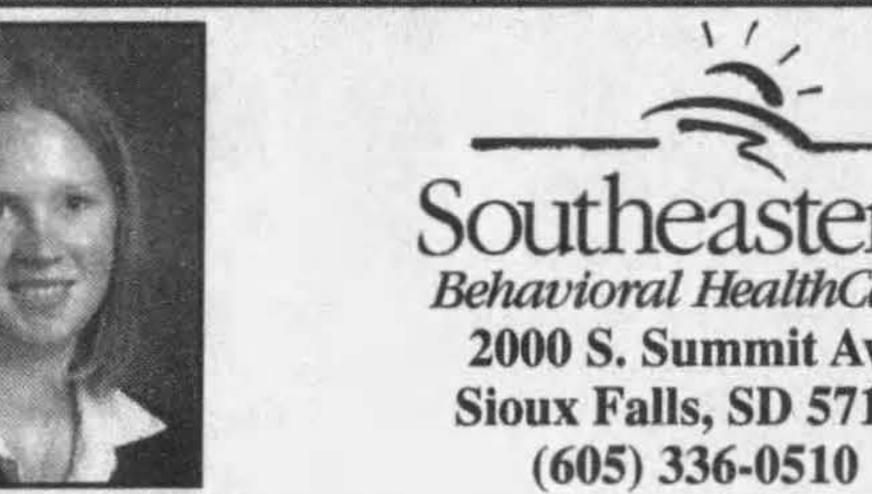
We do see pairs of husbands and wives both needing periodontal



D.D.S.



Keri Meyer, MSW, CSW



J. Michael Bacharach, MD, MPH, FACC

high. What should I do?

Behavioral HealthCare 2000 S. Summit Ave. Sioux Falls, SD 57105

I checked my cholesterol at a health fair, and it was

There is increased awareness about the importance of cholesterol and

blood fats on the development of heart disease. It has become quite popular to have your cholesterol checked at a health fair. If you have your cholesterol checked and it is noted to be high, it is important to remember

that this is only a screening test. More specific testing is usually

recommended to detail the different types of cholesterol as well as triglyceride (blood fat). An accurate measurement can only be obtained if a person is fasting. Frequently

screening types of tests at health fairs are done in an eating state thereby causing

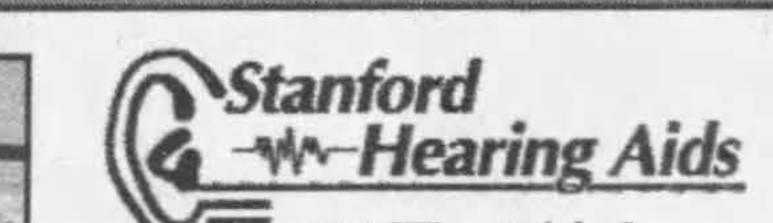
an artificial elevation of cholesterol. Follow up with your primary care physician and rechecking of a fasting lipid profile is important. If laboratory evaluation is abnormal and puts you at increased risk for heart disease, frequently a referral to a specialist who can help manage your cholesterol blood fat would be important.

My child is really angry with me and sometimes shouts, "I hate you mommy"!

How should I react, and what can I do to discuss his anger?

Often times younger children will say, "I hate you", because they are angry and unable to communicate with you how they are feeling. Children will also use behaviors, such as hitting, kicking, biting, throwing things, etc., to communicate to you how they are feeling. One thing that you can do is to give your children the words they need to express how hey feel, for instance "I'm angry that I cannot go outside to play" rather than "I hate you". Inappropriate behaviors, such as those listed above, need to be stopped. You have the option to place your child in timeout or sit with your child without engaging with your child in the argument until your child is able to calm down. Once your child has calmed down, speak to your child about the incident and their behaviors. It is also important that you, as the parent, teach and model appropriate anger management skills to your children, such as taking time-outs to cool down, counting to ten, deep breathing, punching a pillow and being able to use "I" statements to express anger and identify your emotions rather than screaming or yelling. Examples of "I" statements include "I am angry that the toys are not picked up", "I am frustrated that there is food on the floor", etc. If you happen to lose your cool, apologize to your child and explain that next time you will try and use one of these anger management skills.





301 West 14th Street Sioux Falls, SD 57104 605-338-6251 www.stanfordhearingaids.com

Lance, Gary, Kris

What is the difference between an Ear, Nose & Throat (ENT) Doctor and an Audiologist?

An ENT is a medical Doctor, specializing in the medical treatment, ie: medication and/or surgery of the Ear, Nose & Throat. An Audiologist is NOT a Doctor, but first examines the hearing that helps the ENT determine if medical treatment is needed. When the hearing test data and the ENT's recommendation proves that no medical treatment can correct the hearing loss then the Audiologist needs to work with the patient to fit proper hearing aids. Now that hearing aids can be surgically implanted, ie: Cochlear implants, the ENT Doctor and the Audiologist both work with hearing aids. To determine proper hearing loss care, please be advised to be seen by an Audiologist who does the first hearing



brisk pace.

Vilhauer Physical Therapy

2701 S. Kiwanis Ave. 605-332-0003

Walking is one of the best overall forms of exercise that we can do and it can be easily done by people of all activity levels. Walking

My New Year's Resolution is to start a walking program. Do you

benefits your muscles, endurance and strength. For general health

benefits, try to walk 30 minutes a day, most days of the week, at a casual

pace. To improve cardiovascular fitness you should walk 3 to 4 days a

week, 20 to 30 minutes at a moderate pace. At this pace you are

breathing hard but not gasping for air. If you are walking for weight loss,

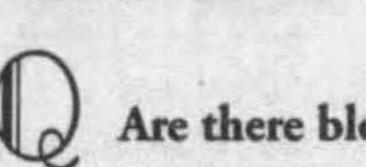
you should walk a minimum of five days a week, 45 to 60 minutes at a

514 N. Sycamore Ave. 605-357-8425

Michael S. McHale, M.D.



605-339-4464



Are there blood tests for detection of cancer?

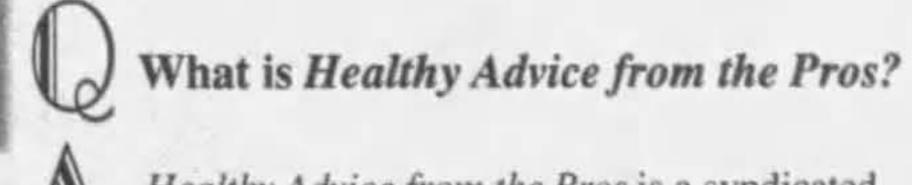
There are certain blood tests called "tumor markers" that will rise in the presence of a specific type of cancer. These tests are not 100% accurate however, and are typically not used for cancer screening purposes. Your hematologist/oncologist will frequently use these blood tests in conjunction with a physical exam and other x-rays to try and assess response to cancer therapy or to detect a recurrence, if it should happen.



Berkeley M. Brannon

Marketing Coordinator Brannon & Associates, Inc. 1610 S. 46th Street, Suite B Fort Smith, AR 72903

expertadvi@aol.com



Healthy Advice from the Pros is a syndicated feature published in 30 cities throughout the nation and serving over 3 million readers. Over 700 dedicated professionals have shared their time and expertise with their local community, providing information that makes a positive difference to thousands of readers. We would like to thank the participants of the Healthy Advice from the Pros page for their dedication to the readers of the Argus Leader and the community. If you are a medical professional and would be interested in reaching over 130,000 readers in the Argus Leader, call Ted Brannon @ 1-888-833-5001 or email us at expertadvi@aol.com. Visit our website @ healthyadvicefromthepros.

E-mail questions to expertadvi@aol.com · Visit our website at www.healthyadvicefromthepros.com

"Healthy Advice" segments are written by area professionals and are paid features. The Argus Leader and Brannon & Associates Inc. are not responsible for the opinions and suggestions presented herein. "Healthy Advice" is not intended to substitute for medical advice. Readers should consult their practitioner for specific advice. FOR INFORMATION ON HOW YOU MAY PARTICIPATE AS A PROFESSIONAL ON THIS PAGE, CALL TED BRANNON AT (888) 833-5001