

VISITING HOURS:

How To Shake The Salt Habit

BY JESSICA DELL

Dietetic Intern, Avera Sacred Heart Hospital

According to the 2010 Dietary Guidelines, nearly all Americans consume roughly 3,400 mg of sodium daily which is more sodium than our body needs. About 75 percent of the sodium people consume comes from packaged, processed and restaurant food. Only 11% of the sodium in American's diet comes from their own salt shakers, with nearly 80% of sodium added to foods before they are sold.

The health consequences of a diet high in sodium are substantial and include high blood pressure and its consequences, such as heart disease and stroke. Sodium is an essential mineral for our body and it serves a number of purposes, but we do not need nearly as much as we are getting. Sodium helps maintain the body's balance of fluids and functions as a preservative by helping to prevent spoilage and keeping certain foods safe to eat.

The 2010 Dietary Guidelines for Americans recommend limiting sodium to less than 2,300 mg a day and further reduce intake to 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes or chronic kidney disease.

American can reduce their consumption of sodium in a variety of ways, try these tips:

- Read the Nutrition Facts label for information on the sodium content of foods and purchase foods that are low in sodium.
- Eat more fresh foods, such as fresh fruits, vegetables, lean meats, poultry, fish and unprocessed grains.
- Replace traditional high-sodium foods with low-sodium products or products without added salt. Major food sources of sodium include tomato sauce, soups, condiments, canned foods and prepared mixes.
- Keep sodium to less than 600 mg if the food item is the entire meal and less than 240 mg if the food item is a side dish or snack.

• When eating out at restaurants, request that salt not be added to your food during the cooking process. Ask for sauces and salad dressings on the side, so you can control the amount you use.

• Use herbs and spices rather than salt to flavor your food.

In January 2010, New York City established the National Salt Reduction Initiative. This initiative is a nationwide partnership of cities, states, national health organizations, food manufacturers and restaurants to lower salt levels in commonly consumed foods. The initiative established targets for packaged foods and for restaurant meals. Currently there are 39 cities and 22 leading food companies, restaurant chains and supermarkets who have signed the pledge to lower sodium in foods.

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.

Why Should I Believe Him Now?

BY VAL FARMER

A woman wrote me these questions:

My husband had an emotional affair. I believed him so thoroughly the first time that I don't know what to believe. Now he says it is really over and, like before, seems to mean it.

Now I find he still sees her. He assures me nothing sexual ever took place. I believed him so thoroughly the first time that I don't know what to believe. Now he says it is really over and, like before, seems to mean it.

Why should I believe him now? I love him. I still want my marriage to work but I am scared to death to give him my heart again. How many chances do I give him?

You are right for being skeptical. Here are some ideas you may find useful in evaluating the sincerity of your husband's resolve.

1. Search for understanding. Get to the bottom of all the lies. Make him explain his motives, his actions, why the affair got started, what he was thinking, why the second deception once the affair was confessed, etc.

His answers should be detailed, consistent and ring true. Expect complete honesty. If new things come out or if facts don't jive, he is still trying to protect himself. The whole truth heals. Anything that comes out piecemeal will damage your trust. His attitude about your right to know these things will also make a difference.

Don't make quick decisions based on pride or hurt. Don't cheat yourself. One more chance won't hurt. He is the one on the spot.

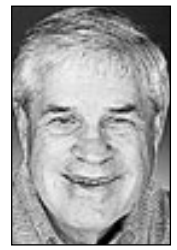
2. Expect him to give up his "special friend" completely and irrevocably. Any more contact between them will destroy what fragile trust you are trying to nurture. Don't listen to any rationale that the two of them can be friends. An emotional affair is an affair.

If she is in his life, the potential is there to re-start the affair. He must give her up. That means no contact whatsoever. Any attempts on her part to initiate contact should be immediately disclosed.

3. Be cool and standoffish. It is up to him to put forth the effort and love to win you back. He can promise you the world but it is action that counts. Until he proves his commitment to you and your happiness, you don't know what his motives are. It may not feel normal to either of you, but this is time when a one-sided relationship is appropriate given the circumstances.

Love-making is symbolic of your willingness to give him your love. You may not want to be intimate with him until you are confident about his loyalty. Waiting a while to test the credibility of his love doesn't mean you are being a sucker or stupid. All you are doing is giving him time to see how respectful, loving and loyal he is willing to be.

He can't expect instant forgiveness until you have worked through your hurt, anger and



VAL FARMER

loss of trust. A husband who is defensive, self-centered and unwilling to give of himself will have difficulty restoring the relationship.

4. Expect him to go to counseling with you. A destructive process of interrogation and defensiveness won't promote healing, even if the answers are truthful. Both of you need to feel safe.

Allow someone else to help you examine his thoughts and motives and see if his explanation remains consistent. Your own raw feelings, tears, jealousy and anger may be too intense for him to remain positive. Your traumatic reactions need support and validation, not used by your husband to make you, the victim, into the problem. You may also choose to go for individual counseling to work on managing your emotions and gain perspective on what you really want.

His willingness to expose himself in a situation that demands complete honesty is a sign that he has nothing to hide. It is a price he should be willing to pay to win back your love, forgiveness and trust. He needs to put you and what you need first.

He should also give a full apology that recognizes the deep wounds and hurt he has caused you.

5. Recognize marriage problems but deal with them later. Your whole marriage needs to be discussed. Use counseling to correct problems that may have preexisted prior to the affair. Whatever faults and weaknesses might have been certainly, they are no excuse for an affair. Deal with the issues surrounding the affair first and then move to marriage problems that preceded the affair. Otherwise you will feel violated again.

You will need to give him credibility and work to change things for the better. Where you can, be empathic and understanding of his concerns. One small benefit to the affair will be his honesty and openness about his emotional needs and concerns. This is not the time for your marriage to settle back into pre-affair mediocrity. It has to be better than that.

5. Trust will come back when you feel loved. His love needs to be wholehearted and consistent. Time is a part of this equation. His betrayal harmed your relationship grievously. He needs to be patient and give you time for your feelings of trust to be earned.

A renewed and better love is the balm that takes away the sting of the affair. Be willing to forgive, yet understand that forgiveness takes time.

For more information on affairs, visit Val Farmer's website at www.valfarmer.com.

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.

Avera Creighton Hospital Receives Blessing

Avera Creighton Hospital received its official blessing Tuesday afternoon from the Most Reverend Archbishop George J. Lucas of the Omaha Archdiocese.

More than 100 people were on hand from the communities of Creighton and Verdigre and several representatives from Avera Sacred Heart Hospital, as well.

Avera Creighton Hospital, Avera Creighton Care Centre and Avera Medical Group Creighton and Verdigre officially joined the Avera Sacred Heart family Feb. 1, 2011. The blessing ceremony was scheduled to take place on that day, but the weather did not cooperate.

Speakers at Tuesday's blessing

ceremony included Pamela J. Rezac, Ed.D., President and CEO Avera Sacred Heart Hospital; Doug Ekeren, ASHH Vice President of Planning and Development; Marty Jans, ASHH Board Member; Sister Elena Hoye, PBVM, ASHH Vice President of Mission Services; Mark Schulte, CEO, Avera Creighton Hospital; Steve Schindler, Avera Creighton Community Advisory Council; and Archbishop Lucas.

Prior to joining Avera Sacred Heart, Creighton had been a community-owned hospital. Approximately 175 employees joined the Avera Sacred Heart family in the transition.



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Bike Helmets Given To Yankton Second Graders

It has been proven that wearing a bicycle helmet reduces the risk of serious head injury by 85 percent. Yankton Medical Clinic, P.C. and the Yankton Rotary Club are concerned about the safety of our youth, and have joined together to present free bicycle helmets to all Yankton 2nd graders.

The bike helmets were purchased by Yankton Medical Clinic, P.C. and Yankton Rotary Club through Ace Hardware Bike Shop. Leo Kopetsky, owner of Ace Hardware Bike Shop, offers the helmets at his direct cost. It's a win-win situation for all involved.

"This is the 15th year for the Yankton Medical Clinic and Yankton Rotary Club Helmet Give-Away Program," says Dr. David Withrow, Yankton Medical Clinic pediatrician. "We have been pleased to see that as a result of last year's program, the usage of helmets by local youngsters has greatly increased! We are confident that the continuation of this program will serve to increase bicycle safety awareness even further."

"We're also very excited to have an additional incentive for the children to wear their helmets this summer. The Yankton Police



Pictured are Jordan Ochsner, Sanford School of Medicine 3rd year Medical Student and Mason Ruzicka, Beadle School 2nd grader during the helmet fitting Tuesday.

Department has ice cream coupons that will be distributed to children who are caught wearing their helmets while riding bike," said Withrow. "Our Yankton McDonald's has been very generous in donating ice cream coupons for the police department to hand

out," Withrow added.

The Bike Helmet Give-Away kicked off with a bicycle safety program for all Yankton 2nd graders at the Yankton High School Gymnasium on Tuesday. The program included a bike safety video; Officer Dean Larson from the Yankton Police Department; Kenny Kopetsky and Matt Aune from Ace Bike and Sport; and Dr. Withrow.

The fitting of the helmets immediately followed the program. Each 2nd grader present was personally and properly fitted with a bike helmet. "A great deal of time is spent choosing the right helmet for the children. We look for a design that is pleasing to a child while meeting all federal safety guidelines," said Natashia Moser, Yankton Rotary Club.

Yankton Medical Clinic, P.C. and the Yankton Rotary Club are proud to be providing this event for local youth. "Our goal is that by giving these children access to helmets at an early age, we can help them develop the habit of helmet usage as they reach their teen and adult years. If we can save even one life through this project, it will have all been worth it," according to Withrow and Moser.

Vermillion Police Receive Law Enforcement Award

VERMILLION — The Vermillion Police Department received its second Recognition award from the Commission on Accreditation for Law Enforcement Agencies, Inc. (CALEA) at the commission's recent conference in Bethesda, Maryland. Vermillion is one of two South Dakota agencies that meet the CALEA standards. The Rapid City Police Department is a CALEA Accredited agency.

The CALEA Recognition Program is designed to meet the needs of smaller law enforce-

ment agencies. To qualify, an agency must meet 112 standards from the Standards for Law Enforcement Agencies accreditation manual. The standards address life, health and safety issues, critical legal issues and conditions that reduce risk and high liability exposure. Recognition provides objective evidence of an agency's commitment to improve resource management and service delivery.

In December 2010, a CALEA assessor spent four days with the Vermillion Police Department

inspecting policies and procedures, interviewing staff and generally reviewing the operations of the department to ensure compliance with all the standards. A comprehensive written report was filed with CALEA. Last week the Interim Chief of Police Chad Passick, City Manager John Prescott and Vermillion Police Department CALEA Program Manager Betty Mozak attended a hearing before CALEA commissioners who voted unanimously to present the Vermillion Police Department with CALEA's Recognition award.

BIRTHDAYS

RENNIE BATCHELLER

Rennie (Garvey) Batcheller, formerly of Gayville, will celebrate her 95th birthday on Sunday, April 10.

Greetings may be sent to her at 500 46th Street, Apt. B1, Sioux City, Iowa, 51104-4159.

ARNOLD ALBRECHT

Arnold Albrecht will celebrate his 94th Birthday on Saturday, April 9.

His family requests a card shower. Greetings may be sent to 1604 Walnut, Yankton, SD 57078.

FIVE GENERATIONS

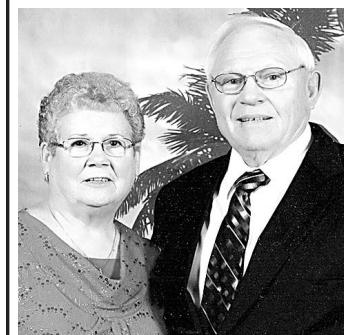


Five generations of the Hinz family recently were together for a photo. Pictured are Great-grandmother Sandra (Sherman) Rahn, Mother Jessica (Hinz) Nelson holding Adalyn Nelson; Great-Great-grandmother June (Millie) Sherman, Mother Heather (Hinz) Schweers holding Mason Schweers; Grandmother Brenda (Rahn) Hinz. (Submitted Photo)

www.yankton.net

KYNT Yankton's Home Team!
AM 1450
MORNING COFFEE
WEEKDAYS
MONDAY-FRIDAY
Wednesday
7:40 Pauline Rhoades
8:15 Hy-Vee
8:45 Julie Perakslis
Thursday
7:40 Greg Hill
8:15 Carla Addy/Susan Schavee
8:45 Noreen Gibson

50th Wedding Anniversary



Mr. and Mrs. Garry Young

Garry and Sharon Young are celebrating their 50th wedding anniversary on April 8, 2011. A card shower is hosted by their family. Greetings may be sent to 307 S. Randolph St., Bloomfield, NE 68718.

Garry and Sharon were married April 8, 1961 at the United Methodist Church in Bloomfield, NE.

The couple has 3 children: Bryan and Debbie Young, Bloomfield, NE; Brad and Jeanne Young, Bloomfield, NE; and Staci and David Kleinschmit, Wausa, NE. They have 11 grandchildren and 8 great-grandchildren.

Happy 25th Anniversary Mom & Dad

Love Ali, Ben & Katie

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Does your carpet really need professional cleaning?
Myth #1 It Doesn't Need Cleaning - My Carpet is One or Two Years Old
A common misconception is that your carpet only needs cleaning when it looks dirty, and that a new carpet (only a year or two old) still looks pretty clean.
In reality, most of the damage has already been done by the time dirt and soiling become noticeable. The fact is that it is the soil you cannot see that does the most damage. This microscopic dirt actually breaks down the fibers of your carpet and destroys its fiber coating.
IICRC Certified Technicians so you know the job gets done right!
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