Fatal Traffic Crashes On Rise In S.D.

SIOUX FALLS (AP) — The number of fatal traffic crashes is on the rise in South Dakota.

life/midwest

State Highway Safety Director Lee Axdahl tells KELO-TV that there have been 63 fatal crashes on South Dakota roads as of Monday. That compares to just 48 on the same date last year. Axdahl says 28 of this year's fatal crashes involved alcohol and

18 involved speed. However, this year's numbers are still below the six-year aver-

age. Axdahl says over the past six years, an average of 81 fatal crashes had occurred by this date.

S.D. 4-H Officials Appeal In Cheating Lawsuit

MITCHELL (AP) — State 4-H officials are appealing a federal judge's decision to let a White Lake girl compete while allegations that she cheated in last year's South Dakota State Fair are pending

Sixteen-year-old Bayley Kroupa was banned from 4-H competition after a committee found she had violated 4-H ethics by allegedly showing a pig at the South Dakota State Fair that had previously been entered in another state's fair. Her father, Greg Kroupa, sued the state 4-H office on her behalf in March, arguing that the allegations of cheating are false.

Federal Judge Karen Schreier last month ordered that the girl be allowed to compete in 4-H while the lawsuit is pending.

The Mitchell Daily Republic reports that 4-H officials filed a notice they will appeal Schreier's decision.

Woman Gets 60 Days For Helping Suspect Hide

NORFOLK, Neb. (AP) — A 38-year-old Stanton woman has been given 60 days in jail for helping a suspect hide from authorities.

Station KTIV reports that Connie Mandl was sentenced on Mon-

Authorities say Mandl owns the Stanton home where 34-year-old Carlos Arevalo-Martinez hid and held police at bay following a shooting in Norfolk on Feb. 14. Edna Gutierrez, of Norfolk, was

Arevalo-Martinez has pleaded not guilty to assault and a firearms charge. His trial is scheduled to begin on Sept. 4.

Hospital Pleased With Finding In Surgery Case

RAPID CITY (AP) — Officials at a Rapid City hospital say they are pleased but not surprised that state officials have found no evidence that the hospital mistreated a man who claims the letters "KKK" were carved into his chest during heart surgery.

Rapid City Regional Hospital CEO Tim Sughrue says in a statement that the hospital will continue to defend itself against a civil lawsuit filed by Vernon Traversie, a 69-year-old American Indian

South Dakota Attorney General Marty Jackley said Monday that neither his office nor the state Health Department could substantiate Traversie's claim.

Traversie's spokesman said other investigations are pending.

Neb. Speaker Flood Pondering Run For Governor

Associated Press

LINCOLN, Neb. — Speaker of the Legislature Mike Flood floated a list of state priorities Tuesday that sounded a lot like a gubernatorial campaign platform, saying Nebraska needs to invest in roads, schools and farmers who are struggling because of the drought.

The term-limited Norfolk Republican told a Lincoln Rotary Club gathering that he has traveled about 7.500 miles around the state since June, touring drought-stricken areas and talking to rural Nebraskans as he ponders a bid for gov-

Last month, he filed papers to create a candidate committee: "Mike Flood for Nebraska, Inc."

"I haven't made a decision, but it's something I enjoy, and I enjoy it for these reasons," Flood said. "I love to get into a tough issue, treat people with respect, and find an answer. I like complex issues with divergent interests, where you

can find the middle ground if it exists and deliver a solution. It doesn't mean everybody is always happy. But what I can't stand is the bickering, the name-calling and the nastiness of politics.

Flood has served nearly eight years in the Legislature, including six as speaker. The 37-yearold works as an attorney in Norfolk and owns two radio stations.

He pitched himself Tuesday as a "reliable conservative" who would dig into complex policy issues and seek common ground if elected. Flood said Nebraska needs to increase road construction to connect more small towns, maintain funding for K-12 education and find long-term solutions to help farmers cope with droughts.

Flood would become the second official GOP candidate for governor if he enters the race for the 2014 election. Lt. Gov. Rick Sheehy has already thrown his name into the race and travels the state extensively, logging about 5,000 miles a

Sheehy also has won the endorsement of Re-

publican Gov. Dave Heineman, and has started fundraising. In his yearly disclosure form for 2011, the most recent on file, the lieutenant governor's campaign committee had more than \$54,000 in available cash as of December. Candidates are only required to file annual reports until the year of the election.

Omaha Sen. Steve Lathrop, a Democrat, has said he also is mulling a run for governor.

Heineman, who was twice elected with more than 70 percent support, is barred from running again because of term limits.

The potential candidates are starting earlier than usual so they can log more windshield time and raise money — both key to winning a statewide election, said Paul Landow, a University of Nebraska at Omaha political science

"The candidate who gets in early has the advantage of nailing down financial backers before the other candidates get them," Landow said. "There's an incentive to get in earlier."

Third Person Dies In S. Dakota Motorcycle Rally Crash

RAPID CITY (AP) — Officials are stressing safety at the Sturgis Motorcycle Rally in western South Dakota, where three bikers have died in a span of about 12 hours.

Motorcyclists from Minnesota and Indiana died in crashes on Sunday, and one from Colorado died Monday. The rally that draws hundreds of thousands of people to South Dakota's Black Hills each summer officially began Monday and runs through Sunday.

Four motorcycle deaths were recorded during rally week last year, according to the Highway Patrol. The most deaths in the past five years occurred in 2010, when nine people died.

Law officers say speed and alcohol use are top concerns. The eyegrabbing scenery and challenging roads of the Black Hills also can quickly turn a comfortable ride into a deadly one, Patrol Lt. Rick Miller told the *Rapid City Journal*.

"When you come to western South Dakota, you have roads that curve and ditches that drop off or a steep embankment," he said. "A lot of nice bikes are around, the scenery is nice. When you're driving with everyone around you, you've got to be careful and pay attention to what's going on.

The South Dakota Safety Council has a motorcycle safety booth on Main Street in downtown Sturgis for the first time this summer, said Christina Steele, a spokeswoman for the rally. Local and state law enforcement officials also have geared up to enforce temporary rally-week traffic signals, respond to crashes and other calls and maintain order.

"We enjoy the first few days. And then it's busy," Kevin Karley, head of the Highway Patrol's Rapid City division, told the Journal. "Ît's a long week for those troopers.'

Ex-Prison Guard In Nebraska Claims \$1M Lottery Prize

LINCOLN, Neb. (AP) — A former prison guard who says he left the job because of poor health has claimed a \$1 million Mega Millions prize from the Nebraska Lottery.

Herbert Carlin, of Humboldt, told the *Lincoln Journal Star* on Monday that he's been struggling to live on his Social Security disability. Carlin said he bought the ticket

at the North Fork Farm Service where he regularly plays. The store will get 1 percent of the prize, or \$10,000, for selling the ticket, said store owner Steve Svoboda.

Svoboda said he's excited about the windfall, but more excited about learning the winner was

'You couldn't have asked for anyone better" to have won, Svo-

Carlin said he let the Mega Millions machine pick his numbers for Friday's drawing. They were 2, 10, 13, 38 and 46. But he didn't get the Mega Ball number of 2. The five

matches would have won him \$250,000, but Carlin had added the \$1 Megaplier option, which multiplied the prize to \$1 million.

The lottery said the odds of matching five numbers and winning the \$250,000 prize — before any multiplier — are 1 in 3,904,701. After calling the lottery hotline

to check his numbers and learned the good news. Carlin called his brother, Keith Carlin, but he'd already gone to bed. "I don't think I slept a wink, be-

cause I couldn't wait to tell him," said Herbert Carlin, who had to wait until his brother came over for coffee the next morning. Lottery spokesman Neil Watson

said it could take 10 days before Carlin gets his money: \$700,000 after withholding.

Carlin said he will put a new fence around his yard, side his house and talk to an expert about investing the rest.

Rosmann To Readers: Tell Me Your Definition Of A Farmer

BY DR. MIKE ROSMANN

The Merriam-Webster Dictionary defines "farmer" as:

1) a person who pays a fixed sum for some privilege or source of income. 2) a person who cultivates land or crops

or raises animals (as livestock or fish). For USDA purposes, a person who earns income from a farm is considered a farmer. Usually, this is the person who operates the farm and not necessarily the farm owner.

The USDA defines a farm as a place of business that earns \$1,000 or more from the sale of its products or which normally would have earned \$1,000 or more during a year. USDA payments, such as those for land in the Conservation Reserve Program, are considered farm income.

The Dictionary of Occupational Titles, which is the official U.S. Department of Labor classification of jobs, lists many kinds of farmers, such as: vegetable, fish, fur, fruit crop, field crop, livestock farmer or rancher, and the all-purpose category general farmer.

The U.S. Census Bureau no longer lists 'farmer" as an occupation. However, the USDA conducts its own Census of Agriculture every five years.

The National Occupational Research



Dr. Mike

Agenda (NORA), which is the strategic plan for the National Institute for Occupational Safety and Health (NIOSH), contains a section devoted to agriculture, forestry and fishing. The NIOSH consid-

ers persons engaged in

the production of food,

fiber and biofuels to be **ROSMANN** farmers. Biofuels are renewable fuels, such as ethanol and methane, that can be produced from organic biomass such as crops, fodder and

cessing of agricultural products. In 2004 AgriWellness, Inc., the nonprofit organization I directed that seeks to improve behavioral health supports for people engaged in agriculture, asked the directors of NIOSH Agricultural Safety and Health Centers to indicate who they think are farmers.

wastes from livestock and commercial pro-

We polled the directors of 11 regional and national centers. Now there are 10 such centers. Eight persons completed surveys.

The survey results indicated unanimous

agreement crop and livestock producers, ranchers, farm workers, commercial fishers and tree producers are farmers.

Seven of the eight respondents considered lumber harvesters and turf/nursery operators to be farmers.

Six of the center directors thought agriculture supply businesspersons and the operators of guest farms or ranches are

Five respondents felt horse and dog trainers are farmers and four indicated veterinarians are farmers. A minority of the respondents felt

agronomists, animal-nutrition consultants, agricultural marketers, food processors, agriculture teachers and truckers of farm goods should be considered farmers. No survey responder thought miners

and others involved in the extraction of minerals should be considered farmers.

The center directors apparently drew a distinction between activities that involve harvesting products that grow (i.e., farming) and activities that extract existing substances (i.e., mining), even if the product mined was a dietary substance such as salt.

Is there a psychological definition of a

Although there is abundant general literature, art and music about the nature of

farmers, scholarly scientific study of the psychology of farmers is in its infancy. As yet, there is no textbook devoted solely to the psychological study of farmers.

I know of at least three textbooks devoted to the study of agricultural medicine and all three contain chapters devoted to the behavioral health or sociopsychological wellbeing of farm people.

And, there is a growing body of published scientific studies of farm people and their activities, dating to the 1930s.

Agricultural behavioral health is the new and emerging field devoted to the study of the psychological wellbeing of people engaged in farming as well as the provision of behavioral healthcare services to the agricultural population.

This field of research, education and healthcare delivery seeks answers to such questions as:

What factors influence people to undertake farming?

What are the unique psychological factors and behavioral health issues of individuals, families and communities engaged in farming?

What therapeutic methods have been proven effective in modifying unhealthy behaviors for farm people and preventing

Consider briefcases, bags or luggage

with wheels (and if able, push in

front of you or to your right or left

side, instead of pulling behind you).

and weight from the bag. Coins can

easily increase the weight of a purse,

and some items might be better left

in the car to access. You might also

decide to have varied-size options,

such as a smaller purse for errands

rands. Leather also weighs more, so

lighter materials such as microfiber

Check daily to remove any unneces-

• Select purses or bags with indi-

or fabric would decrease strain.

sary items that add additional

and a small backpack for long er-

• Eliminate unnecessary items

What can we do behaviorally to make farming safer, less stressful and more satisfying?

The Farm and Ranch Life column is about these topics. Arguably, agricultural behavioral health is among the least understood but potentially most fruitful areas for making advances in the safety and health of this essential population the people who feed us, supply much of the fiber needed for our shelter and clothing, and an increasing portion of our

I like to think "farming is a healthy, sustainable way of life" and not just a profession or job. The true farmer is a person whose behaviors carry out the production of essentials for life — food, fiber and

In my next column I'll say more about farming as a basic human drive that has survival value for the community of humans. This is central to the psychological definition of what makes a farmer.

Share your thoughts. You may contact Dr. Rosmann at: mike@agriwellness.org.

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vidual compartments to distribute

Please take the time to select

your child's backpack and your next

bag. Check for proper fit and weight,

and remember to incorporate good

body mechanics and habits. A bit of

healthy and safe lifestyle for our chil-

dren and ourselves. Have an exciting

tional Therapy Association, Inc. -

Sources: The American Occupa-

Tammi Adam, MS, OTR/L, is an

occupational therapist at the Avera

Sacred Heart Hospital Physical Medi-

and healthy school year!

www.aota.org

cine Department.

prevention can help to promote a

weight more evenly.

Visiting Hours

As You Prepare For School, Remember School Backpack Safety

Avera Sacred Heart Hospital

Most likely you have begun your back-to-school shopping. Half the fun and excitement of the new school year is selecting new supplies and clothes, including a new backpack or

In the United States, it is esti-

mated that more than 79 million students carry backpacks. In 2007, more than 2000 backpack-related injuries were reported to be treated in medical facilities. The American Occupational Therapy Association celebrates National School Backpack Awareness Day on the third Wednesday of each September. With school starting soon, now seems like a good time to educate on what to look for and how to wear a backpack or bag to keep your child safe. However, with people of all ages carrying heavy backpacks, bags, and purses, this can be an important lesson for

those of all ages. Carrying too much weight or wearing a backpack the wrong way can lead to health problems, such as pain and strain. Wearing a heavy school backpack can lead to tingling arms, aching back and shoulders. stooped posture and weakened muscles.

to the child's back (the back of the

the child's body weight. For a student weighing 100 pounds, this

• On days when the backpack mended to have your child "hand

carry" an extra book or other item. If your child's backpack is consistently overweight, you may want

see what they carry to and from

school. Make sure that the contents

Arrange books and materials so

• The loaded backpack should not weigh more than 10 percent of means the backpack should weigh no more than 10 pounds (5 pounds for someone weighing 50 pounds). About 55 percent of students wear a

to choose a book bag on wheels.

Check your child's bag daily to

How to Load a Backpack:

they do not slide around in the bag. Load the heaviest items closest

pack that is heavier than 10 percent of their body weight.

may become overloaded, it is recom-

are necessary for the day's activities. Remove those items that are not. How to Wear a Backpack:

Students should wear their backpacks so that the bottom of the pack rests at the curve of the low back. It should never rest more than four inches below the child's waistline. Studies have shown that students wearing their backpacks at the curve of the low back are actually enhancing the body's center of gravity and having the least adverse effect on their posture.

• Distribute weight evenly by wearing both shoulder straps. A common problem with backpacks is the habit of slinging the pack over one shoulder. The natural response of the body is to compensate by leaning to the side that is not carrying the burden, curving the spine and causing pain and discomfort.

Adjust the shoulder straps so

that the pack fits snugly to your

child's back. If the pack hangs loosely from the back, it can pull

the child backwards and strain

muscles. Have your child wear the

waist belt if the backpack has one

to help distribute the backpack's

weight more evenly.

• Choose a backpack that has well-padded straps. Because of the many blood vessels and nerves at the neck and shoulders, a thin, unpadded strap can place too much pressure on these structures and cause tingling and pain in the neck, arms and hands. A padded back is also beneficial (those made for a lap-

top are usually padded very well). • The backpack should also fit well for the student. A common misconception is that a young child "will grow into it." School bags come in different sizes for different ages. Also, choose a pack with enough

room for necessary items. Recommendations for messenger bags, purses, briefcases:

• For those with shoulder straps, place the strap diagonally across the opposite shoulder to help distribute weight more evenly across the back. Straps should also be wide and adjustable.

• Alternate shoulders (bags with a strap) or hands (bags with handles) by switching from side to side to prevent the strain from being on one side of the body all the time.







Mr. & Mrs. Bob Suing The family of Bob and Pat Suing is requesting a card shower in

honor of the couple's 40th Wedding Anniversary. Pat Bonertz and Bob Suing were married August 12, 1972, in St.

Their family includes six children: Mike and Jenn Suing, Fordyce, NE; Jeremy and Jessi Suing, Eagle, NE; Gina and Brice Riley, Norton. KS; Rich Suing, Fordyce, NE; Josh Suing, Sioux Falls, SD; and Brian Suing, Crofton, NE. They also have seven grandchildren.

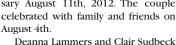
Cards of congratulations will reach the couple at 209 West Wyoming St., Crofton, NE 68730.

5()th Anniversary



Roger (Sara) Sudbeck, Julie (Nick) Mr. & Mrs. Clair Sudbeck

Mr. and Mrs. Clair and Deanna (Lammers) Sudbeck, of Yankton, will celebrate their 50th wedding anniver- Yankton, SD 57078.



were married on August 11, 1962 at St

Peter and Paul Catholic Church, Bow They have four children: Jane (Todd) Sundleaf, Lisa (Jeff) Pfalzgraf,

The couple has 10 grandchildren and one deceased.

Cards can be sent to: 2801 Mulligan Dr.,



& 90th Birthday Don and Mary Fran Thompson

will celebrate their 49th Wedding Anniversary on August 10. On August, 19th, Don will celebrate his 90th birthday. Cards and well wishes can be sent to them at 2209 Burleigh Apt. 201, Yankton, South Dakota 57078.

