

Vacations, Recreation Important For Farmers

BY DR. MIKE ROSMANN

August is traditionally a time for vacations. Many European countries "shut down" during August except for the tourist segment that caters to vacationers.

In the United States, August is losing appeal as the prime month for vacations, except for the U.S. Congress. Congress is out of session until after Labor Day.

The cynical part of me wonders if Congress accomplished anything when in session. We have no farm bill or much other needed legislative action.

(OK, I feel a little better now and can continue what I started.)

Fifty years ago, the school year didn't begin until September in most areas. Today, school resumes in mid August or even earlier.

Vacations that were scheduled to allow farm children to help their parents with seasonal work now are taken any time of the year.

Farmers, especially those tied to daily chores, such as milking cows and caring for animals, are less apt than persons in other occupations to schedule breaks from work.

I suppose the farmers' work ethic can be blamed for many farm people not taking adequate time for recreation and vacations. We feel we have to earn the right to take a break.

We more easily recognize tasks that need to be completed than we recognize our need to restore our bodies and minds.

Vacations and recreation are investments in our selves. If we don't make and take the time to relax, no one else can do it for us.

We have to view ourselves as worth the time and costs needed to restore ourselves.

I learned the hard way of the necessity to take enough time to unwind.

Throughout my 30s and 40s, I worked two full-time jobs - as a farmer and professional psychologist. Typically, I arose around 4:30 a.m. and the day didn't end until 10:30 p.m.

Most weekends involved farm work and similar long days. When it was calving season or I was on call, nighttime rest was interrupted every couple hours to check the cows or whenever the phone rang.

I didn't mind the stressful work load and lack of sleep. What I came to learn was probably a lifelong mild case of attention deficit hyperactivity actually served me well, except in school.

My children enjoyed looking at my old school report cards. The behavior section was usually replete with checkmarks: lacks self control, easily distracted, challenges teachers.

Working nearly all the time caught up with me, when in a moment of haste, I injured my

right foot in a combine auger. Rather than use the broom hanging outside the grain hopper, I used my foot to shove grain into the unloading auger.

In a moment, three toes were cut off and a fourth was left dangling. Fortunately, the steel toe in my work shoe saved my big toe.



Dr. Mike
ROSMANN

Most fortuitous is God was teaching me a lesson.

I had neglected taking time to take care of me and my family. I had compromised my own safety and health.

My motives were messed up - I was more concerned about "getting ahead" than doing things for higher purposes.

Over the next year, we sold two tracts of land we were struggling to pay for. I allowed two board positions to expire rather than to seek reelection.

We began as a family to camp, fish, hunt and play together more. Marilyn and I instituted a daily practice of talking and praying together for a few minutes that sometimes stretched into a lot more.

I learned to pay more attention to how I felt than to what needed to be accomplished.

When I felt the first signs of stress, such as persistent infections, aches, higher-than-normal blood pressure, crankiness and other irritating behaviors my family and trusted friends pointed out, I amended my schedule almost immediately.

I learned to park the tractor or to change my schedule to go fishing. Regular recreation gave me opportunities to meditate and to figure out what was wrong with my motives and my actions.

Most of us need to work smarter rather than harder. We need recuperative time.

We make better choices that usually lead to accomplishing what we aim for and while having fun. We become easier to live with.

Even though we are in the midst of drought and harvest is approaching sooner than usual, it is important to have our minds and bodies ready and not just the equipment and storage facilities.

Taking a vacation beforehand can be part of our preparation.

When harvesting this fall, it is also important to take breaks to relax, to say a word or two of prayer or do whatever we do to stop from focusing solely on work.

We need to be in charge of how we dedicate our time rather than to allow work demands to take charge of us.

Send your thoughts and questions to Dr. Mike Rosmann at: www.agbehavioralhealth.com.

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S.D. Officials Seek Penalty For Unemployment Fraud

BY CHET BROKAW

Associated Press

PIERRE — South Dakotans who file fraudulent claims for unemployment benefits should have to pay back more money than they received, a state advisory panel recommended Tuesday.

People are already required to repay any unemployment benefits they receive as the result of fraud, but the proposal would make them pay an additional penalty equal to 50 percent of the benefits received. For a second or subsequent fraudulent claim, the penalty would increase to 100 percent of the benefits received.

The Unemployment Insurance Advisory Council, which advises the Labor Department on the unemployment benefit system, will ask the 2013 South Dakota Legislature to pass a law imposing the extra penalties.

Labor Secretary Pam Roberts said federal law requires states to impose a penalty equal to at least 15 percent of the improper payments, but the council decided to seek a stiffer penalty.

Council members said it makes sense to increase the fine for repeat offenses.

"The first time, cute. The second time, how dumb do you think we are?" said council member David Owen, president of the South Dakota Chamber of Com-

merce and Industry.

Unemployment insurance provides temporary financial assistance to people who have lost their jobs through no fault of their own. It is financed by payroll taxes paid by businesses.

Roberts said fraudulent claims are submitted intentionally, not by mistake. Fraudulent claims are typically submitted by people who say they were laid off but are still working, she said. In some cases, people claim they were laid off when they were actually fired.

"It's so flagrant. It's not like, oh poor me, I made a mistake," Roberts said.

State Unemployment Insurance Director Pauline Heier said about 700 fraudulent claims submitted last year amounted to only about \$750,000 in improper payments, a small part of the \$38.7 million in benefits paid to jobless people. About 12,000 South Dakotans got jobless benefits last year, she said.

People who file fraudulent unemployment insurance claims also can be charged with a crime, but officials said prosecutions are rare. The department also currently imposes a delay in providing benefits if someone who files a fraudulent claim eventually has a valid claim. For every week of benefits received as the result of fraud, a person must wait four weeks to get paid on a subsequent valid claim.

Officials Watch For Contaminated Corn

LINCOLN, Neb. (AP) — Farmers, crop inspectors and grain elevators in Nebraska, Iowa and other corn-producing states are keeping an eye out for corn contaminated by a poison-producing fungus.

They're watching for signs of aflatoxins. Experts say aflatoxins are a group of chemicals produced by certain mold fungi and at high levels are poisonous to humans and animals. They tend to show up during hot, dry summers.

Mark Fulmer of the Lincoln Inspection Service told the *Lincoln Journal Star* that during the drought year of 2002, there was a high amount of aflatoxin in the state's corn.

Fulmer says of the corn samples his company has tested this summer, most show little or no contamination. But he says some of the corn has tested out at more than four times the federal threshold.

Visiting Hours

Increasing Awareness On Prostate Cancer

BY MICHAEL PETERSON, MD

Avera Sacred Heart Cancer Center
Medical Director

As we observe National Prostate Awareness Month in September, it's important that we do just that — increase awareness about the disease itself. Knowledge is a vital tool in fighting not only prostate cancer, but any other disease as well.

What is prostate cancer?

Prostate cancer is the most common internal cancer in American men.

The prostate gland is a small, walnut-sized gland that is located at the base of the bladder. Cancer and other diseases of the prostate can cause the gland to enlarge and make urination difficult. The American Cancer Society recommends that men who are 50 or greater who have a life expectancy of at least 10 years talk to their doctors about screening for prostate cancer. They should make informed decisions about screening for prostate cancer after learning its uncertainties, risks and potential benefits. Although it's uncommon to develop prostate cancer at younger ages, men younger than 50 should also consider screening if they have a family history of prostate cancer or other prostate cancer risk factors.

Generally, prostate cancer doesn't display many symptoms until it has become fairly advanced. That's one of the reasons why prostate cancer is the second leading cause of cancer deaths in American men.

There are a number of tests used to detect prostate cancer including a digital rectal examination, prostate-specific antigen (PSA) blood test; ultrasound examination of the prostate, and prostate biopsy.

Listed below are common risk factors associated with prostate cancer:

- Age — As you get older the risk of developing prostate cancer increases.

- Race — Although the reasons are not clear, African-American men have a higher risk of prostate cancer than men of any other racial group in America. By contrast, Asian-American men have the lowest rate of prostate cancer of all racial groups.

- Family History — As with many diseases, your risk of prostate cancer increases if there's a positive family history.

- Diet — Many studies have pointed to an increased risk of prostate cancer in men who eat a high-fat diet.

If you are age 50 or over, or if you are younger and have prostate cancer risk factors, it is

Drought Conditions Persist In S.D.

SIoux FALLS (AP) — Hot weather and a lack of rainfall over the past week have hurt the quality of crops in South Dakota.

The Agriculture Department says in its weekly crop and weather report that temperatures reached into the 90s and even surpassed 100 in some areas. The report says drought conditions have not improved anywhere in the state.

Topsoil moisture supplies are rated 91 percent short or very short, and subsoil moisture is 90 percent in those categories. Stock water supplies in South Dakota are 67 percent short or very short, and pasture and range conditions are 75 percent poor or very poor.

Investigators ID Remains Found Near Chadron

CHADRON, Neb. (AP) — The Nebraska State Patrol has identified human remains found in western Nebraska in June after a gunman told police negotiators he had killed a Colorado man.

The patrol said Tuesday that the remains are those of 38-year-old Josh Bullock, who had been missing from Denver since early December.

Andres Gonzalez told negotiators during a June 12 standoff that he killed Bullock, whose burned pickup was found by a rancher Dec. 14 near Chadron. Gonzalez wounded three officers and a pharmacist he had held as a hostage before dying in a shootout with police.

Investigators believe Gonzalez killed Bullock around Dec. 1. Bullock's remains were found June 21 near Chadron.

Gonzalez's former girlfriend, 20-year-old Rose Siefke, of Hemingford, has been charged as an accessory in Bullock's death.

Douglas County Reports West Nile Death

OMAHA, Neb. (AP) — Douglas County health officials in Omaha say a man has died of West Nile virus, marking the county's first death from the mosquito-borne disease this year.

Health Director Dr. Adi Pour says the man was over 65 years old and had traveled to Texas before getting sick with the disease. The man had been hospitalized.

West Nile virus is transmitted to people through the bite of a mosquito that has picked up the virus from an infected bird. The virus has flu-like symptoms.

Health officials say residents should limit their time outdoors during dawn or dusk, wear long-sleeved shirts and pants if they're outside and use insect repellent.

S.D. Man Gets Prison Time For 16th DUI

RAPID CITY (AP) — A Rapid City man has been convicted of drunken driving for the 16th time.

Sixty-year-old Robert Groethe was accused of driving drunk and hitting a parked car outside a Rapid City casino on June 19. He received a two-year prison sentence earlier this month.


Prosecutor Sarah Morrison tells the *Rapid City Journal* Groethe has a 35-year record of drinking and driving and is a danger to the community. She says he has been arrested 19 times and that 11 of his 16 convictions have been felony offenses.

Groethe pleaded guilty to the latest DUI charge. Authorities dropped a charge of driving with a revoked license. Morrison says the two-year prison term was the longest allowed under state law. Groethe will be eligible for parole in less than a year.

gist with the Avera Sacred Heart Cancer Center.

Avera Sacred Heart Cancer Center will be holding its annual reduced-price prostate screening Thursday, Sept. 6. The prostate screening will take place from 4:30-7 p.m. Thurs., Sept. 6 at the Cancer Center. This includes a PSA test and prostate exam.

Cost for the screening is only \$10. Food and refreshments will be provided. Please make appointments by calling the Cancer Center at 668-8850.



AM 1450

MORNING COFFEE

WEEKDAYS MONDAY-FRIDAY

Wednesday, August 29


7:40 a.m. Rockin RibFest (Ben Hanten)

8:15 a.m. Hy-Vee (Chef Staci)

Thursday, August 30

7:40 a.m. Yankton Chamber (Carmen Schramm)

8:15 a.m. Yankton Conv/Visitors (Lisa Scheve)



ATTENTION WOMEN

HAVE THE IMPORTANT MEN IN YOUR LIFE BEEN CHECKED FOR PROSTATE CANCER?

Prostate cancer. It's the second most common type of cancer among American men. And the most valuable defense is early detection.

Join Michael Peterson, MD, along with urologists Joseph Boudreau, MD, Yankton Urological Surgery, Christopher Hathaway, MD, Lewis & Clark Urology, Ltd. and George Fournier, MD, Yankton Medical Clinic, P.C for a prostate screening.

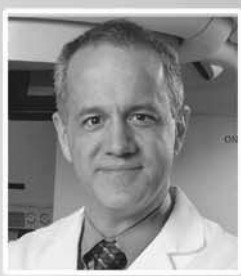
Thursday, Sept. 6 from 4:30 to 7 p.m.

Avera Sacred Heart Cancer Center


Screening Cost \$10

Men over 50 – or 40 if high risk – should have a PSA blood test and digital prostate exam every year.

Only men age 50 to 70 who have not had a prostate cancer screening in the last year are encouraged to participate.



MICHAEL PETERSON, MD
BOARD CERTIFIED
RADIATION ONCOLOGIST

Avera 
Sacred Heart Hospital

Look no further.

Call the Avera Sacred Heart Cancer Center for an appointment at 668-8850. Walk-ins accepted.