

Visiting Hours

Dieting Helps Prevent Headaches

BY SARA GERMAN, RD, LN
Avera Sacred Health Hospital

You may have heard that chocolate can trigger headaches. Sure enough, the next time you eat a Hershey bar you end up with a migraine. But because you like chocolate, you try it again the next week. This time, no migraine. What a relief! Chocolate isn't the problem! Right?

Not so fast. According to some experts, every individual has a headache "threshold" - that is, people can tolerate potential triggers up to a certain point, but if they reach their limit, a headache results. It's not necessarily one particular thing that causes migraines: it's a cumulative effect. Chocolate by itself might not cause a headache. But chocolate, a bad night's sleep and a stressful day at work might add up to a killer migraine.

OK, so far we've been talking a lot about chocolate. Can it really trigger headaches? Unfortunately, for many people, the answer is yes. Here are some other common culprits.

1. Most cheeses and fermented dairy products like yogurt. These food are high in tyramine, which can trigger headaches. More aging equals more tyramine.

2. Processed meats, like deli meat and hotdogs. High in tyramine and another headache suspect, nitrites.

3. Caffeine in any form.

4. Alcohol and many vinegars.

5. Nuts and peanuts. Again, high in tyramine. Seeds, such as sunflower seeds, are OK.

6. Fresh bread made with yeast.

7. Monosodium glutamate, or MSG. Unfortunately, MSG is found in many different foods, not just Chinese food, so label reading is important to catch this one.

8. Aspartame, also known as Nutra Sweet and Equal. This artificial sweetener is commonly used to flavor diet sodas.

9. Certain fruits and vegetables, including citrus fruits, dried fruit, onions, certain beans and lentils.

10. Leftovers - foods that have been stored in the fridge for more than 24-48 hours.

This list isn't exhaustive, but it's a start. If you suffer from chronic headaches and would like to see if modifying your diet can help, the first step is to eliminate possible trigger foods from your diet. Again, it's a cumulative effect. Perhaps your body can handle a ham sandwich, but a ham sandwich, a handful of peanuts and a diet pop might take you into migraine territory.

Identifying trigger foods can sometimes be tricky and can definitely take a lot of effort, but if you suffer from chronic headaches it may be worth it. A book with helpful information is "Heal Your Headache" by David Buckholz. Talking with a registered dietitian is another good option.

Rural Resources For Agricultural Safety

BY DR. MIKE ROSMANN

"My father will be pleased to learn that a significant percentage of my time spent growing up and working on the farm was not wasted."

"Yes, my mind tended to roam, but what do you expect from an adolescent boy who spent countless hours on a tractor equipped only with an a.m. radio and a bag of sunflower seeds."

"I can remember the yelling and laughter as if it were yesterday. On occasion I was known to drift off while driving the bean buggy or the hay baler."

"It was just for a few seconds and some subtle screaming from my dad or our hired-hand would perk me right up but if there were a few rows of beans mowed down or some meandering windrows in our fields, I may have had something to do with it."

"Aside from the drifting, for the most part, while growing up on the farm I was mentally present and grew to become quite observant of the ecosystem our farm relied on. In fact, many of my personal values and beliefs were developed on the farm."

"I learned what it means to be a responsible steward of the land. I learned why crop rotation, buffer strips, terraces and natural wetlands are critical to sustaining our farm for years to come."

"In short, I learned how to effectively leverage and enhance the resources around us. It's a simple concept, but one that is easily forgotten."

"Now, as a health care administrator, I have to remind myself to utilize the wealth of professional resources available to us" (Jon Rosmann, Iowa Rural Health Association President's Message, June 2014).

The Iowa Rural Health Association (IRHA) article inspired me to consider resources that can be used to improve our well-being as healthy and successful farm people.

Farmers and ranchers can become frustrated with "government," as well as some organizations which are supposed to represent and address their concerns to government, various con-



Dr. Mike ROSMANN

sumer groups and service providers.

Consumers and "regulators" sometimes do not fully understand the requirements and rigors of producing food, and other basic agriculturally-produced essentials for human survival, such as plant and animal-grown fibers, lumber, ingredients for medicines and fuel.

As a farmer and also a healthcare provider who is particularly concerned about the safety and health of agricultural producers I can see both sides of the gap in understanding. I also see many resources that are underutilized, as Jon Rosmann pointed out.

One of the resources Jon mentioned in his message is the November 19-20, 2014 Midwest Rural Agricultural Safety and Health Conference (MRASH), which will be held in the FFA Enrichment Center at Ankeny, Iowa. This is a joint conference between the Iowa Rural Health Association, the Iowa Center for Agricultural Safety and Health, and the Great Plains Center for Agricultural Health.

It is open to the public as well as the many researchers, healthcare providers, farmers and program administrators from around the U.S. and several foreign countries who usually attend this meeting, even though it is labeled a Midwestern event. For further information see: www.iarural-health.org or www.public-health.uiowa.edu/gpcah.

Another meeting also open to anyone who wishes to attend is the 2015 conference of the International Society for Agricultural Safety and Health (ISASH), which will be held on June 21-25 next year in Bloomington, Illinois. For additional information, see: www.isash.org.

Meetings like MRASH and ISASH bring together many of the diverse people and organizations associated with agriculture to share information, the

most recently developed products, ideas about what needs to be addressed and they enrich all who attend. They remind me of the meetings of our much earlier ancestors at trading locations.

The western world would not have known much about China and vice versa, had Marco Polo not visited the Orient and met with eastern Asians.

Besides the goods the traders brought with them, our predecessors shared their knowledge and cultures. Everyone benefited.

The rendezvous of Native Americans and fur traders are another example of beneficial meetings. The Native American trappers and British, French and American fur traders exchanged more than animal skins, metal implements, smokes, food and drinks.

They exchanged language skills, knowledge about transportation passages, information about what the meeting participants were involved in, the "low-down" on who was trustworthy and improved understanding of what could make life easier for everyone.

It makes sense for agricultural people to attend conferences, fairs, trade shows and other events that bring government administrators, agricultural researchers and educators, consumers and providers of healthcare and safety programs together. Understanding improves for everyone.

Farmers and rural community residents, spend some time after harvest looking at resources that can improve your livelihood and well-being. Determine what you would like to learn more about.

Make a list of events you would like to schedule this winter and next summer. Maybe I will see you at one or more of these events.

Mike Rosmann resides on the farm at Harlan, Iowa where Jon Rosmann grew up; Mike can be contacted through the website: www.agbehavioralhealth.com.

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Pressler

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Commerce and large farmers in California want immigrants during part of the year and the border has been left open."

Pressler, 72, is a former South Dakota U.S. Senator. Once a Republican, he is now running as an independent to replace retiring Sen. Tim Johnson, who defeated Pressler in 1996.

He proposed scaling back the presence of American troops at foreign bases and using these troops to help secure the border.

"When I was a Fulbright professor — which I've been in several places — I observed U.S. military facilities that are obsolete," he said. "I think we could relocate those troops back in the United States and use them to patrol our border to make it secure, just as most countries do."

He said this proposal wouldn't mean shuttering dozens of bases or isolating the country from the rest of the world.

"It's going to be tough to reduce our foreign military presence in some places," he said. "That doesn't mean we should eliminate it. I'm for a strong national defense and I'm not an isolationist, but I'm a Vietnam veteran and I've seen us waste so much money and treasure overseas."

He estimated about 10,000-15,000 troops could be relocated to the U.S. without the need for shutting down bases.

Pressler added that there's also a need to extend amnesty to those who are already here, pitching his own proposal on how this could be accomplished.

"I don't think it's in our DNA to go out and deport large numbers of people," he said. "Then we should proceed with a domestic five-year plan as (President George W.) Bush proposed to give a path to citizenship for some of the illegals that are here. That would include a combination of background checks on them — if they are criminal or drug related and here for those purposes, they would be deported. It would include paying a fine and admitting they're here illegally, but they could attain citizenship."

He also said the process of immigration needs reform as well.

"We need immigrants," he

said. "Then we'd proceed with a real immigration program, as most countries have, where we would admit what immigrants we wanted to. If we wanted to admit children, we'd admit children. We're doing it now on this helter-skelter basis."

Pressler said immigrants are important to the modern American economy.

"A lot of our economy needs these workers," he said. "Nobody admits this, but there are a lot of jobs — for example, the milking of cows is becoming entirely a thing that's done by Mexican-Americans or Hispanics — that our traditional workers just don't do. They come here and they want to work, and I think there's a glorious thing in that in this day and age."

But Pressler cautions any reform will be far from perfect.

"It's going to be difficult and you can't have a completely fair immigration system," he said. "But we're all immigrants, I'm for immigration. ... I think we should throw our arms around the Mexican-Americans who are here and figure out a way to keep them, but I also, in the same breath, say that we need to have a controlled border and a very orderly immigration policy in the future."

Pressler is seeking a single term in the Senate, saying that a single term will allow him to stay more focused on legislative goals instead of spending time on getting re-elected.

"Senators now spend about 52 percent of their time raising money for the next time," he said. "This is my last campaign — win or lose. If I do get to the Senate, I won't have to raise any money while I'm there so therefore it would be a good job and I could devote 100 percent of my time to being a senator."

You can follow Rob Nielsen on Twitter at twitter.com/RobNielsenPandD/. Discuss this story at www.yankton.net/.

Howie

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country's illegal immigration issues is simple.

"We need to secure our borders," he said. "Until we do that, any discussion about immigration reform is meaningless."

The solution starts with walls and fences, Howie said. "When one of our citizens accidentally crosses into Mexico, they are detained," Howie said. "They can secure their borders, but we choose not to."

Howie said he agrees with Gov. Dennis Daugaard's recent statement that unaccompanied minors who have illegally entered the United States and made their way to South Dakota need to be sent home.

"America needs to be a country with open arms, not open borders," Howie said. "We already have a policy that gives refugee status to those who meet the requirements."

Howie's concern isn't just that immigrant children are an economic burden; they also run the risk of bringing diseases into the United States, particularly from countries that want to harm Americans, he said.

"There are people who want to do us harm, so we have to secure the border to stop them," he said. "We need to be very concerned about the Ebola outbreak, and not because there were two infected people brought to the U.S. for treatment. Rather, we need to be concerned about illegal immigrants and terrorists bringing the disease."

Howie said border security is important to stop all types of terrorism, particularly bioterrorism.

"Terrorism is a terrible thing, and it's not just flying planes into buildings," he said. "Terrorism has no boundaries, and terrorists will attack us through any means. There are thousands of men, women and children who could intentionally infect

our country with disease."

In regards to foreign policy, Howie said the United States needs to be a fiscally strong country before it can help the world.

"We need to get the financial side in order so we don't go bankrupt, because if we can't help ourselves, then we really can't help beyond our borders," he said. "We need to cut spending and eliminate debt."

Once the country reaches a point of financial stability, it can then address its foreign policy, Howie said.

"We need to look at the world with a moral perspective," he said. "We have to be willing to help our friends, especially in Iraq, Ukraine and Israel. That doesn't mean boots on the ground. We're not even sharing military intelligence about Russia with Ukraine, but it's in our economic interest to do so."

Howie said he wants to discuss these topics and more with his opponents so

South Dakotans can make an informed vote for their next U.S. senator.

"It's important for South Dakotans to see and hear their candidates," Howie said. "There are very few televised debates, so most people won't have a chance to see and hear all the candidates."

Howie said he's honest with the people of South Dakota and won't pretend to be something he's not.

"There is no perfect candidate, but I am a true conservative with Christian values," he said. "Two of my opponents are liberals pretending to be moderates and the other is a moderate Republican pretending to be a conservative. My record and rhetoric match up, while theirs don't."

Follow Kayla Prasek on Twitter at twitter.com/kprasek. Discuss this story at www.yankton.net/.

Youth Activity Day Slated For Scotland

SCOTLAND — A free Youth Activity Day will be held Saturday, Aug. 23, at the Scotland Trap Range, east side of town near the baseball fields. Check-in runs from 8-8:30 a.m. and the activities run from 8:30 a.m. to 1 p.m.

Activities include: archery, trap shooting, .22 rifle, fishing, Wii Skii and duck calling.

The cost of this event is free, lunch is included and two guns will be given away. It goes for ages 8 and up but parents need to accompany their children in order to sign a waiver before your youth can participate.

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