

Visiting Hours

If You Aren't Getting Enough Vegetables, Try These Tips

BY SARA GERMAN , RD, LN
 Avera Sacred Heart Hospital

It's a lot easier for me to eat enough fruit than it is to eat enough vegetables.
 I'm guessing a lot of people feel the same way, because only one in eight Americans eat the recommended 2-3 cups of vegetables a day. This is a shame because, if anything, vegetables are even better for us than fruit (which is saying something!).
 The sad truth is that, for most people, spinach will never be quite as tempting as a warm chocolate chip cookie. (Pop-eye may be the exception.) The good news is that you don't have to choose between spinach and a cookie. You can have both! And, prepared right, spinach can be pretty darn delicious. If you don't eat any vegetables at all, don't despair. You don't need to start eating three cups of veggies tomorrow. Instead, I'd start with adding one vegetable a day to your diet. Once that feels normal, try for two servings a day.
 Let's address a few reasons people may not want to eat vegetables.

Cost. Inexpensive vegetable options are out there! Carrots, cabbage, potatoes and sweet potatoes are almost always less than \$1.50 a pound. Frozen vegetables like peas and green beans can be found for less than a buck a bag. Don't discount canned vegetables, either – but look for no added salt varieties.

Preparation time. Canned and frozen vegetables take almost no work to prepare. Grocery stores often carry pre-cut vegetables or pre-made salads. What works for me is taking fifteen minutes when I get home to cut up vegetables like broccoli and cauliflower. Then they're ready whenever I need them during the week.

Waste. Most vegetables can last at least a week in the refrigerator – carrots can last much longer. Onions and potatoes will keep for weeks in a dark, cool environment. Canned and frozen vegetables can last almost indefinitely.

Finally, here a few ideas to fit more vegetables into your diet:

- Add a few handfuls of spinach to a smoothie! Yes, it sounds weird, and yes, the smoothie will probably look terrible. But trust me, you won't taste that it's there.
- Eat Dagwood-style sandwiches. Sure, meat and cheese are fine, but you can also add lettuce, and tomato, and onion, and cucumber ...
- Take carrots and celery to munch on in the afternoon instead of potato chips.
- Embrace the Ranch. Ranch dressing + vegetables is better than no Ranch dressing and no vegetables.
- If you're making soup, add a can of veggies or some frozen vegetables. If you're making pot roast, add root vegetables to the pot. If a recipe calls for vegetables, try doubling the amount.
- Consider eating vegetables for breakfast. Not as crazy as it seems! Vegetables like spinach, onions and tomatoes are great in omelets or egg scrambles.
- Commit to balanced meals. If lunch or dinner doesn't include a vegetable – guess what? It's missing something important. Whether it's a salad, a baked sweet potato, or a frozen bag of peas, carrots and corn, your body will enjoy the benefits.
- Be the person who brings a vegetable tray to gatherings.

Elder Watch: Shallow Pockets?

BY WILLIAM KERR
 For the Press & Dakotan

If my memory serves — and there is some question there — it was about right years ago that manufacturers started shortening the pockets in men's casual trousers. Things began to fall out of my front pockets when I sat down and I would find coins, my pocket knife and/or paper towels (which I use instead of handkerchiefs) on the floor of my van from time to time. And when I took down my trousers to use the toilet, my wallet and/or check book would often fall out of my back pockets. Often, I wouldn't notice these things were missing until I needed them to purchase an item in a store. This was a regular PITA (pain in the a-) to say the least!

Once, I even drove into the garage, closed the garage door and went into the house, accidentally leaving the ignition key in the car and the engine running. (My hearing is bad enough that I often do not hear a running engine.) My wife went into the garage a couple hours later and found it full of fumes and, of course, an idling vehicle.

I solved the latter problem by purchasing a 27-inch long, small diameter chain (long enough to reach the ignition switch), attached a ring to each end. I inserted one large ring around my right-side sus-

pender clamp and put my ignition key on the smaller ring on the other end. (If you wear a belt instead of suspenders, there is a belt clip available for attaching the ring.) That way, there was no way I could get out of the car and leave the engine running.

For the pocket problem, I purchased another chain for my pocket knife, a Swiss Army knife, and clipped it around my left suspender clamp. For those of you with hearing aids, there is a tiny plastic box available sized to hold two spare hearing aid batteries which I also attached to the chain.

For the other pocket problems (coins, wallet and check-book), I recently purchased a "fanny pack" — which I call a "belly pack" — and carry my wallet, checkbook, coins and other pocket items in it. It costs a lot less than a replacement wallet (\$14) and is much easier to work from than a back pocket.

Once, when I thought I'd lost my wallet, I immediately purchased another driver's license (\$10) and, several days later when I found my wallet, I placed the second license in the glove box of my van in case I ever leave the house without my "belly pack" accidentally. I don't want to risk being caught without a driver's license in case of an accident, or needing a photo ID for some purpose.

BY DR. MIKE ROSMANN

The current downturn in market prices for a number of farm commodities, like milk, pork, major grains (corn, wheat, rice, barley) and oilseeds (soybeans, canola), along with downward slides in farmland prices and machinery purchases illustrate a farm economic recession.

Beef and egg prices could remain high for a while, but signals indicate an end to their price surges within about a year because the numbers of beef cows and laying hens are increasing. Drought in some agricultural areas and an overabundance of precipitation in other regions are having variable effects, but the USDA safety net and low interest rates on loans provide considerable protection from a dramatic slump.

Whatever happens, almost no farm economists predict another major farm crisis like those of the 1930s and 1980s but we are in a retraction of the farm economy.

The farm economic pendulum shifts with some regularity. Major farm economic depressions in the U.S. have occurred about every 50 years: the 1880s, the 1930s' Great Depression and the Farm Crisis of the 1980s.

Booms in farming have occurred with similar regularity: the late 1890s-early 1900s, the period that began amid WWII and lasted for several years and the recent era of record commodity and land prices that started around the middle of the past decade and ended in 2013.

Smaller recessions, recoveries and periods of economic growth have occurred in between the major farming depressions and booms. We are into a moderate recession now.

Moderate farm recessions occur about every 25 years, which is commonly considered a generation; major depressions occur about every two generations. Are we in for a major depression in the 2030s?

My father, who came from a long line of farmers, offered an observation that has stuck with me: "Every third generation forgets what their grandparents went through." He went on to say that if the



Dr. Mike
 ROSMANN

third generation didn't curtail their mistakes, their children (the fourth generation) would lose everything.

My grandparents went through the 1930s and I am the third generation after that depression. Working hard and being self-sufficient were lessons my grandparents taught my parents, who in turn taught me. Yet, I made the mistake of buying two farms during the early 1980s when land was expensive. I wish Dad had been around to advise me, but he had passed on.

Working harder was insufficient and I paid a price in 1990 when I lost part of my right foot in a combine auger because I was overworking and insufficiently attentive to safety. I sold both farms shortly thereafter.

Generations forget, like young farmers over the past few years of considerable prosperity who purchased land themselves or induced their elders to buy farm land and equipment when it was highly priced.

I learned from my mistakes and still don't purport to be an agricultural economics expert, but I know something about dealing with farm crises from my own experience and from developing the first counseling program for farmers who were struggling during the farm crisis of the 1980s.

Stages of adjustment. During the 1980s farming debacle, Dr. Ursula Delworth (deceased) and I developed a five-stage model of adjustment to loss or restructuring of the family farm. It was first published in The Clinical Psychologist in 1990 and was reprinted in many publications.

Over the past three years I have revised the stages somewhat because precipitating conditions and resources for coping have changed since the 1980s for

agricultural producers.

The stages of psychological adjustment to this farm economic downturn, if operators are at risk of significant hardship, are the following:

• First, farm owners and operators have to acknowledge that a negative change in household income will likely occur and could demand alterations in lifestyle. There is alarm, but also hope that conditions will improve, even in the face of negative predictors for economic improvement.

• Second, financial problems gradually worsen, such as being unable to make scheduled loan payments and concern that loss of significant assets could occur. Usually this is accompanied by worry among the operators, and those dependent on them, like their children and employees. Anxiety and searches for solutions become more desperate; personal and family stress mounts.

• Third, if the economic insufficiency persists to the point that loan foreclosure or cessation of the farming operation occurs, the emotional turmoil reaches critical levels. Depression typically follows anxiety, and sometimes distressed people consider thoughts of unworthiness to continue life. Medical, legal, financial and professional behavioral health assistance are often needed.

• Fourth, plans for recovery slowly develop, both economically and emotionally. The rebound may take several years, whether it involves continuing to farm or the necessity to find other employment, but hope gradually returns as life goes on and prosperity emerges.

• The fifth stage involves achieving satisfaction from surviving, the development of wisdom, frugal habits and passing along the knowledge gained to successors.

Restraining ourselves from buying too much during boom eras is probably a major lesson for most of us.

Dr. Mike can be contacted at www.agbehavioralhealth.com.

Fraternity Receives Highest International Award For Third Consecutive Year

VERMILLION — For the third consecutive year, the Pi Kappa Alpha (PIKE) Fraternity at the University of South Dakota was honored with the Pi Kappa Alpha International Fraternity's most prestigious award – the Robert Adger Smythe Award. Additionally, the USD PIKES were also bestowed the following top honors: Raymond L. Orians Excellence Award and Chapter Alumni Advisory Board of the Year.

The USD PIKES received the awards on Saturday, August 1 at PIKE's summer event, The Academy. The Smythe Award is the highest international honor bestowed on the top percent of Pi Kappa Alpha chapters. There are more than 230 chapters in the United States and Canada. The Smythe Award recognizes a chapter that has excelled and set the standard of excellence on their collegiate campus—and also internationally. During the 2014-15 academic year, the USD PIKES produced the following accolades:

- Donated more than \$37,500 to philanthropic




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- causes
- Dedicated over 12,000 hours to community service
- Earned a chapter GPA of 3.1, with more than 40 men named Dean's List Scholars
- Numerous intramural championships
- 100% campus involvement amongst members
- Held more than 65+ campus leadership roles
- Sent 71 men to international events through PIKE University, Pi Kappa Alpha's educational arm

The Smythe Award honors

the work of young men who have committed to the meaning of Scholars, Leaders, Athletes, Gentlemen – Pi Kappa Alpha's four cornerstones – while supporting the community and each other. "PIKE brings out the best in others" said chapter president Nathan Christensen, who is a fourth-year Kinesiology and Sport Science major from Pipestone, MN. "It is an honor to be part of an organization of passionate, driven and dedicated men who are always looking to make a difference."

Happy 70th Birthday
 to Margaret Kirschenman!



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