

# Holiday Season Brings Out The Best In Farm People

BY DR. MIKE ROSMANN

The holiday season, stretching from Thanksgiving Day until New Year's Day, is one of the happiest periods for many farm families. Although harvest is usually not finished when Canadians celebrate Thanksgiving Day in October, by Thanksgiving Day in the U.S. most farm crop work is done.

People who live on farms and ranches often use the holiday season to review how the year has gone. For most agricultural people the review is more than an accounting of their financial situation. It's often filled with thoughts of family and a personal inventory of "How am I doing?"

We ask ourselves if we could have done something better. Did I work hard enough? What will I do differently in the way I approach life next year? Have I been sufficiently kind and generous? Of the people I love, who needs my help?

Holiday traditions are important. A farmer, Jim, told me about a beautiful tradition his family undertakes at Christmas. Each family member brings two gifts to the family celebration: one for the person whose name he or she drew, and an item that can be auctioned off after the gift exchange.

Usually the item to be auctioned off is practical, such as a farm tool, a pie, or tickets to an upcoming event. Someone serves as the auctioneer. All the family members bid on the items they want. Sometimes the price is steep!

The collected money is awarded to one or more family members in most need of assistance. The members discuss among themselves who needs help the most.

Family traditions during the holidays evolve. In my immediate family our children, their spouses and grandchildren gather at our farm for Thanksgiving vacation.

The guys hunt pheasants, ducks and geese. The ladies "go hunting" for shopping malls or entertaining events. Even if they don't buy much, they enjoy "high tea" or a good movie.

We all pitch in with the cooking and cleaning. The guys prepare the ham, turkey and hors d'oeuvres. The ladies make the side dishes, bread and desserts. In-laws, friends who don't have relatives living close-by, and cousins usually join us for the Thanksgiving banquet.

Another Rosmann family tradition is a "fishing" Christmas tree. The three most important decorations are porcelain figurines of three fishers: a gray-haired grandpa with a fly rod and a cigar, a younger man in his float tube and waders, and a boy proudly displaying his prize catch. We take turns at the top of the tree.

Last week at a Board meeting, a farmer friend, Chris, told me his favorite Christmas Eve ritual is cooking different kinds of potatoes-blue ones, purple spuds, yellows, reds and odd shaped potatoes.

Another family I know goes for a ride on their horses after dark on Christmas Eve. All the family members saddle up. The parents help the kids. They meander around their ranch, talking, singing carols, and sometimes saying a prayer together. Even when the weather is harsh, everyone insists on carrying out the tradition. Afterwards, Santa Claus visits and the family members exchange gifts.

Not everyone experiences joy during the holiday season. Persons who have lost loved ones often approach the holidays with sadness, for their closest companions are not with them during a time when joy is usually shared.

Others face uncertainty, such as coping with illness, business setbacks, loved ones serving in the military, or any of a myriad of difficulties. Often we tend to look at the holidays as omens of tough times ahead. We ask for emotional sustenance to help us endure.

It's "normal" — if I can use that word — to prepare for challenges. The holiday season becomes a time of reflection, planning, praying, pulling resources together and figuring out whom we can count on for support, both emotional and tangible.

The holiday season should be a time for personal growth. It's easy to get caught up in the lures of shopping and other thrills of commercial enterprise. People who live and work the earth for their livelihoods are less apt than many to lose the vision for what is important. But even farm and ranch people have to remember the real reason we celebrate these holidays.

The holiday season is an opportunity to make ourselves better, to renew our commitment to sacrifice for the wellbeing of all and not just ourselves.

I wish you a beautiful Christmas spiritually, Happy Kwanzaa, Rosh Hashanah, or whatever is meaningful to your faith and beliefs.

Please send me your thoughts and traditions pertaining to the holiday season on my website: [www.agbehavioralhealth.com](http://www.agbehavioralhealth.com). Thank you for helping make this first year of authoring the Farm and Ranch Life column a blessing in my life.

Sponsored by Lewis & Clark Behavioral Health

## SCHOLASTICS

### NORTHERN STATE UNIVERSITY

ABERDEEN — More than 105 students are set to graduate at Northern State University's winter commencement on Saturday, Dec. 8.

The ceremony is 10:30 a.m. at the Johnson Fine Arts Center Theater. NSU's 2012 Outstanding Faculty Member Daniel Yurgaitis, director of theater, will deliver the commencement address.

A list of area graduates, their hometowns and degrees follows.

- College of Arts and Sci-

ences/Bachelor of Arts — Danielle L. Herrold, Dimock (Sociology; Criminal Justice)

- School of Education/Bachelor of Science — Tyler D. Gurney, Yankton (Sport Marketing and Administration)



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## Visiting Hours

BY KELLY SCHOTT

Avera Sacred Heart Hospital

Medicines play an important role in treating many conditions and diseases, but when they are no longer needed it's important to dispose of them properly to avoid harm to others.

Below, we list some disposal options and some special disposal instructions for you to consider when throwing out expired, unwanted or unused medicines.

### MEDICINE TAKE-BACK PROGRAMS

Medicine take-back programs for disposal are a good way to remove expired, unwanted or unused medicines from the home and reduce the chance that others may accidentally take the medicine. Contact your local pharmacist to find out when the next medicine take-back program in your community will be held.

### DISPOSAL IN HOUSEHOLD TRASH

If no medicine take-back program is available in your area, consumers can also follow these simple steps to dispose of most medicines in the household trash:

- Mix medicines (do NOT crush tablets or capsules) with an unpalatable substance such as kitty litter or used coffee grounds;
- Place the mixture in a container such as a sealed plastic bag; and
- Throw the container in your household trash

### FLUSHING OF CERTAIN MEDICINES

There is a small number of medicines that may be especially harmful and, in some cases, fatal in a single dose if they are used by someone other than for whom the medicine was prescribed. For this reason, a few medicines have specific disposal instructions that indicate they should be flushed down

## Winners In Anti-Bully Drawing Contest Are Announced

The Yankton Women's & Children's Center has been taking the "Love Doesn't Hurt" presentation to area fifth graders for seven years.

It is a presentation that focuses on an anti-bullying message. The students learn about respect in relationships and discuss ways of resolving conflict. They listen to an advocate explain a safety plan and the presentation concludes with students sharing family fun in their homes. At the conclusion of the program, the students are invited to participate in a drawing contest.

In 2012, nearly 400 fifth graders from 21 classrooms heard the message in recognition of Domestic Violence Awareness month in October.

The winners of the contest received cash prizes donated by these area banks: First Dakota National Bank (Yankton and Wagner); CorTrust of Yankton; Wells Fargo; Security State Bank of Tyndall; First National Bank of Yankton; Farmers & Merchants State Bank of Scotland; Merchants State Bank of Freeman; Menno State Bank; CorTrust of Gayville; First Premier of Wakonda; and Avon Community Bank.

The winners of the contest are: Austin Zimmerman (Avon); Aidan

Friesen (Menno); Jacob Fuhrer (Menno); Lexi Rust (Beadle); Faith Sparks (Webster); Jaden Rouse (Stewart); Dustin DeVerney-Hubbeling (Stewart); Levi Cahoy (Tabor); Maicee Lanphear (Tyndall); Mary Mathews (Springfield); Raevyn Petty (Freeman); Kylie Hausmann (Irene-Wakonda); Angelina Wade (Lake Andes); Derek Pravecek (Scotland); CheyAnne Skeen (Gayville-Volin); Renee Two Bulls (Wagner); Payton Wolfgram (Sacred Heart); Keegin Bose (Sacred Heart); Madison Wuebben (Sacred Heart); Emerson McClure (Lincoln); Brooke Goeden (Lincoln) and Chris Sternhagen (Lincoln).

The Yankton Women's & Children's Center has satellite offices in Springfield (elementary school), Wagner (Boys & Girls Club), Olivet (Hutchinson Co. Courthouse), and Tyndall (Bon Homme Co. Courthouse Annex) in addition to their Yankton location.

An advocate can help with safety planning, protection orders, referral information, and a support group is offered in Yankton on Wednesday evenings. If you need additional information on services, call the business line at 605-665-4811.

Their crisis line number is 605-665-1448.

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# How To Dispose Of Old Meds



the sink or toilet when they are no longer needed and when they cannot be disposed of through a drug take-back program. When you dispose of these medicines down the sink or toilet, they cannot be accidentally used by children, pets, or anyone else. Look on [www.fda.gov](http://www.fda.gov) for a list of these medications.

You may have also received disposal directions for these medicines when you picked up your prescription. You can find instructions on how to dispose of specific medicines at [www.dailymed.com](http://www.dailymed.com) by searching on the drug name and then looking in one of the following sections of the prescribing information:

- Information for Patients and Caregivers
- Patient Information

- Patient Counseling Information
- Safety and Handling Instructions
- Medication Guide

FDA remains committed to working with other Federal agencies and medicine manufacturers to develop alternative, safe disposal policies. If you have additional questions about disposing of your medicine, please contact the Food & Drug Administration at 1-888-INFO-FDA (1-888-463-6332).

Source: [www.fda.gov](http://www.fda.gov)

Schott is the Director of Pharmacy at Avera Sacred Heart Hospital.

## Interactive Success Presentation Held At MMC For First-Year Students

Mount Marty College held "Monster College Advantage," a free success presentation for first-year college students, at noon on Friday, Nov. 30, in the Old Library building of the MMC Yankton campus.

The "Monster College Advantage" program provides first-year college students with important information on how to own their college experience and be successful both in and out of the classroom. This interactive, on-campus presentation emphasizes the importance of goal-setting, time management and strong academic performance, as well as gives students

information and strategies to help them maximize their future career opportunities.

"In this difficult economy, it's more important than ever that students understand what they need to do to succeed in an ultra-competitive job market," said JR Cifani, vice president of Making It Count. "We are providing students with the information they need to make the most of their college experience to get a great career when they graduate."

More information about the presentation can be found online at [www.makingitcount.com](http://www.makingitcount.com).

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