

Junior Achievement
 Volunteers Recognized



SUBMITTED PHOTO
Junior Achievement volunteers, Mandi Ewald, Deb Weddingfeld and Jane Pugh spend time during their day teaching the 2nd, 3rd and 5th graders community lessons. They impact these grades along with a nationwide effort to touch 4.6 million children in school. Junior Achievement is the world's largest organization dedicated to educating students in grades K-12 about entrepreneurship, work readiness and financial literacy through experiential, hands-on programs. JA's unique approach allows volunteers from our community to deliver curriculum while sharing their experiences with students. We appreciate our JA volunteers and know the impact they are making on students at Webster School is huge. We give a HOOT HOOT about these ladies!

Visiting Hours

Corn Is OK!
 Diverticulosis And Diet

BY SARA GERMAN , RD, LN
 Avera Sacred Heart Hospital

It's one of the things I hear a lot: "I can't eat corn or nuts because I have diverticulosis." As a dietitian, it makes me sad when people have to eliminate things from their diet. The good news is, with diverticulosis it's probably not necessary! What is diverticulosis? Diverticula are small sacs or pouches in the lining of your colon. If you have diverticulosis, it simply means that your colon contains these pouches. People are not certain what causes them, but most believe it is connected with a low-fiber diet. The older you get, the more common it is to have diverticulosis. Six in 10 people over 60 years old have it. Diverticulosis is generally asymptomatic, meaning it doesn't cause any symptoms, although some people have mild cramping, bloating or constipation. If you have asymptomatic diverticulosis, you won't know you have diverticulosis unless you have a colonoscopy. Sometimes, the pouches become inflamed and infected, which results in diverticulitis. Diverticulitis requires medical help. Symptoms of diverticulitis include abdominal pain, fever, gastrointestinal bleeding and elevated white blood count. What should you eat if you have diverticulosis? The diet for diverticulosis (when there is no inflamma-

tion) is different than the diet for diverticulitis (when there is inflammation). As long as you are not experiencing symptoms, a high fiber diet is recommended for diverticulosis. If you don't get much fiber in your diet, a fiber supplement like Metamucil might be a good idea. Foods that are high in fiber include:

- Fruits and vegetables
- Beans and legumes
- Whole grains
- Fiber-fortified cereal and bars
- Seeds and nuts

 Health care professionals used to recommend that people avoid nuts, seeds, corn and popcorn, but based on the current evidence, it is fine to eat these foods if you have diverticulosis. If you don't get much fiber in your diet right now, it's best not to make a sudden change in your diet. Adding too much fiber at once can cause problems of its own! If you begin taking a fiber supplement, for example, start with a small dose for a week before increasing the dose. If you want to add more fruits and vegetables to your diet, aim to add one more daily serving every week or two. Eating foods with probiotics is also a good idea for GI health. Foods containing probiotics include yogurt, kefir, and other fermented foods. Finally, it's important to drink enough fluids. Dehydration can lead to constipation, so drink up! Aim for at least six cups of liquids during the day.

Sobriety Checkpoints
 Scheduled For December

PIERRE — South Dakota Highway Patrol troopers will conduct sobriety checkpoints in 20 South Dakota counties during the month of December. Checkpoints are done monthly in various counties as a way to discourage people from drinking and driving. December checkpoints are

scheduled in the counties of Beadle, Brown, Butte, Charles Mix, Codington, Custer, Davison, Fall River, Grant, Hand, Hughes, Jackson, Lake, Lawrence, Minnehaha, Pennington, Roberts, Stanley, Walworth and Yankton. The Highway Patrol is part of the South Dakota Department of Public Safety.

Current Agricultural Recession May
 Increase Need For Farm Mediation Services

BY DR. MIKE ROSMANN
 Sponsored by Lewis & Clark Behavioral Health

A farm mediation specialist called me three weeks ago. The mediator said there are rumblings that low farm commodity prices are triggering an uptick in distressed loans that could lead to an increased need for farm debt mediation services. The caller also was looking for information about how to recognize when clients need behavioral health services. The professional mediator described a situation that occurred several years ago with a farm family involved in mediation. The couple were about to lose their farm home after sustaining recurrent losses in their cattle-feeding business. During a mediation session with their lenders, the husband became volatile and refused to consider any options. His wife reluctantly accompanied him as he stormed out of the meeting. The next day the mediator heard that the husband had hit his wife at their home, injuring her. Should the mediator have better gauged the couple's need for behavioral healthcare or some other kind of assistance? I determined to answer the mediator's question. This column resulted from the further consideration I gave to her query. What is professional mediation? Mediation is a process of dispute resolution that can be undertaken when prior discussions among the disputants and their representatives, such as attorneys, have not led to a satisfactory agreement among the disputants. There are a variety of mediation strategies. Trained mediators—preferably two persons working together—help the disputants sort through issues together in a fair fashion that gives all the involved parties opportunity to express their positions and to guide them through negotiation and compromise to reach agreement. Sometimes the disputants remain physically apart and the mediators go back and forth among the parties to exchange information and proposals. Mediation can be undertaken to attempt to settle a variety of disputes,



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 ROSMANN

such as custody of children in a divorce, differences over contracts, or almost any intractable disagreement. This article focuses on farm dispute mediation. As I developed this article, I drew on my 35 years' experience helping agricultural families and corporations, as well as courts, to resolve farming-related conflicts of all types. I am not a certified farm mediation specialist; I am a licensed psychologist. If mediation does not succeed in resolving a farm dispute, usually the next steps are binding arbitration, in which the parties agree to accept an arbitrator's recommended solution, or a lawsuit. Both of these methods of resolving disagreements are usually more expensive for the disputants and often they yield less control over the outcome and less palatable outcomes than negotiated settlements. Mediation is a learning process. The participants can learn valuable skills such as, but not limited to, the following.

- How to listen to others and to adhere to rules of decorum such as refraining from interruptions, making threats, and to take adequate time to consider matters;
- How to negotiate, rather than to dominate;
- To appreciate other points of view that enlarge the understanding of issues;
- To set aside one's personal satisfaction only, in favor of joint compromise among disputants as a healthier outcome that reduces anger, repairs hurts, and builds the possibility of mutually positive relations in the future;
- To practice confidentiality, fairness, respect, tolerance, humility and trust;
- When to bring in outside expertise, such as farm business consultants and professionals of all types, including behavioral healthcare providers.

When is it beneficial to bring in outside expertise to the mediation process? There is no single answer to the question, but a general guideline is when the mediation is not progressing toward reduction of the differences among the disputants. All the disputants and mediators have the right to request additional expertise, but only to resolve the stalemate and not to bolster one party over the other participants. The mediators should encourage the participants to share in the determination of whether or not to request additional input. In the situation described by the professional mediator who called me, it may have helped if a behavioral health counselor who understood farming had been present to support the farm couple and to assist them in managing their frustrations. The USDA Agricultural Mediation Program began as part of the Agricultural Credit Act of 1987 to help states develop USDA Certified State Agricultural Loan Mediation Programs. The Act authorized \$7.5 million for the fiscal years 1988 through 1991 to assist states through matching grants to deal with farm credit disputes in response to the 1980s Farm Crisis. The Act was extended through fiscal 1995. The current Farm Bill that went into effect in 2014 lowered the amount of USDA funds available to agricultural states to provide farm debt mediation services. Three million dollars in grants are available yearly on a competitive basis through matching state funds to provide farm debt mediation and related conflict resolution services. Currently 34 states offer agricultural mediation services. A list of these states and contact information is available online: www.rma.usda.gov/regs/mediation.html.

Dr. Rosmann is a farm owner and former farm operator who lives near Harlan, Iowa. To contact him visit the website: www.agbehavioralhealth.com.

SD Enters Into Obligation Recovery Center Contract

PIERRE — The state of South Dakota has officially entered into an agreement to create an Obligation Recovery Center to recover money owed to state agencies and programs. "Through the creation of this center, state government will be able to more effectively engage those who owe

debts to the state or to other citizens," said Gov. Dennis Daugaard. "Establishing the Obligation Recovery Center requires no upfront financial investment and it will help South Dakotans who are owed court-mandated restitution." The establishment of the Obligation Recovery Center

was approved through the passage of HB 1228 during the 2015 Legislative Session. The center will collect debts such as unpaid taxes, university tuition or fees, and court costs owed by criminal defendants. The state awarded the contract to CGI Technologies and Solutions, Inc. CGI will

lead South Dakota's recovery efforts by utilizing new customer service processes, expedited billing and self-service options. The Bureau of Administration expects to release an RFP next month to solicit third party debt collection agencies to assist CGI in the recovery process for specific loans.

Museum To
 Host Brown
 Bag Event

The Dakota Territorial Museum will host a special Brown Bag event on Friday, Dec. 4. Since 2009, the museum has welcomed several different speakers, speaking on several different topics. The staff wants to thank everyone who has made the Brown Bags a success — including the general public. For this special Brown Bag, the staff is hosting an informal gathering with cookies and beverages. There will also be behind-the-scenes tours of the museum. The public, including all past speakers, are invited to attend. The museum's monthly Brown Bag lunches are the first Friday of each month and are open to the public. There is no charge, but a free will donation is accepted.

A series of mini-concerts at
 TRINITY LUTHERAN CHURCH
Bach's Lunch
 Thursday, December 3
 "SEA SHANTIES"
 A touch of Brass
 Thursday, December 10
 "DECK the HALLS in 30 Minutes or Less"
 ~Mirabile~
 Thursday, December 17
 HOLIDAY SING-A-LONG
 Music of ADVENT & CHRISTMAS
 Lunch of SOUP & BREAD (\$5) served at 11:30 AM
 CONCERTS BEGIN AT 12:15 PM
 Trinity Lutheran Church
 5th & Broadway
 ~ YANKTON ~

Dakota Archery & Outdoor Sports
 "Where the Buck Stops and the Hunter Shops"
 Too much to choose from?
 How about a gift certificate?
 Plano 1501 Hard Gun Case \$19.99
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 Meyerco Big Game Butcher Starting Sets At \$19.99
 HAVALON Knives Piranta Bolt \$49.99
 SAGEN Hunting Products Sagen Saw I \$18.49
 Tree Spider Safety Pants \$174.99
 Gerber Vital Take-a-Part Shears \$19.99
 2305 E. Hwy. 50, Yankton, SD
 665-8340 Open Every Night Till 9 p.m.