

February is
American heart Month

Visiting Hours

A Non-Invasive Option For The Treatment Of Angina

BY LISA MILLER

Cardiopulmonary Supervisor, Avera Sacred Heart Hospital

While most people are familiar with the terms "bypass surgery" and "balloon angioplasty," not everyone has heard of "enhanced external counter pulsation" or EECF. EECF is a safe, effective treatment option for stable angina, which is characterized by agonizing spasms of chest pain or discomfort.

The severity and frequency of angina can be decreased in many people without surgery. If you have had bypass surgery or stent placement and continue to have chest discomfort you may also benefit from EECF. People who have partially blocked arteries may have chest discomfort because of the decreased blood flow to the heart. That is where EECF can help. Studies have shown that EECF can help improve the flow of blood to the heart muscle and help create collateral circulation.

The EECF system includes a series of cuffs around the legs that inflate and deflate in sync with the heart beat. When inflated, cuffs push oxygen-rich blood toward the heart. When cuffs deflate, blood leaves the heart without the heart having to work as hard. A course of therapy involves 35 one-hour

sessions done on an outpatient basis at Avera Sacred Heart Hospital, where the latest development in EECF technology and patient comfort is available. The benefits of this therapy may last for years.

EECF is currently the only clinically tested and proven non-invasive outpatient procedure to relieve angina. Patients who receive EECF usually experience increased exercise tolerance, elimination or decrease in anginal episodes, and decreased need for anti-anginal medication. They feel better overall and have more energy. Treatment with EECF is covered by Medicare and most insurance companies as a treatment for angina. EECF has FDA approval for angina and heart failure.

The week of February 20 - 24, 2012, has been introduced as the first annual "EECF® Therapy Week" by the International EECF® Therapists Association to increase public awareness of EECF® therapy, an FDA cleared, noninvasive therapy for angina and congestive heart failure.

THIS WEEKLY COLUMN IS PRODUCED BY THE PUBLIC RELATIONS OFFICE AT AVERA SACRED HEART HOSPITAL TO PROMOTE HEALTHY LIFESTYLES AND PROVIDE USEFUL MEDICAL INFORMATION TO OUR COMMUNITY.

Preparing Rural Youth For The Future

BY VAL FARMER
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Val FARMER

What should rural schools do to prepare young people for daily life? What kind of skills do they need to be versatile enough to fit into the global economy and yet make a good life for themselves in a small town environment if they so choose? In light of the risks and pressures in operating a farm or ranch, what would you say to young people about preparing for a future in agriculture?

Smaller communities in the Midwest are fighting for their very existence. Rural out-migration is a reality. Parents watch their population base shrink. They are ambivalent about whether they would even want their own children to return. They have managed a good life for themselves but look ahead and don't see a meaningful future for their children.

Here is my advice:
To youths and parents who envision a life in a family business. Parents who encourage their children to come back some day are those who have viable enterprises that are solid economically and can maintain their niche despite the population shrinkage.

To these youth I would say, you may plan to step into a family business some day, but you need to find success in another environment. Develop skills that are transferable to the mainstream economy, and develop complementary skills that give the family business more power to compete. Prepare a second career as an edge and as a source of auxiliary income or to supplement the family business income.

Your success will be in your ability to have vision as the economic environment and opportunities change. You will probably be a leader in your home community and will need all of the speaking and persuasion skills you can command to fill the roles you will be asked to play.

Stay away as long as you can and make sure there is a personality fit in the family business. Hopefully you will find a spouse who understands and appreciates rural community life and the sacrifices that go with entrepreneurship.

To parents who want their children to succeed no matter where they live, this is what I would want in a school curriculum.

- High tech and computer savvy will put the children squarely in the middle of the information age. There is a world class education available at our fingertips. The world of e-commerce is transforming the way we live and the way to make money. Children need technical know-how plus a vision of the Internet and its power for connecting people and markets world-wide.

- Many information-age businesses are location neutral and young people with skills can choose where they will live. Many private consultants with their own businesses or even employees of large companies can telecommute to their work site. This is a new world where imagination rules.

- Take advantage of opportunities to expose youth to their peers from other communities and bigger cities. Use summer camps, vacations and leadership programs as they grow so they can develop a comfort zone about being in places other than their hometown. This will give them self-confidence for living away from home and taking advantage of opportunities wherever they might be.

- A great deal of youth development takes place in extra-curricular activities, both school and community based. Get teens involved in programs with a purpose and allow them to develop leadership and team-building skills as they work together.

To parents and school administrators who want to prepare children for rural life as an option.

- Help rural teens to appreciate rural values and literature as they portray a distinctive way of life with logic and value in its own right. This can be done with exposure through English and Social Studies programs that take regional and local literature and

history as a part of their course of study.

- Through programs on entrepreneurship, connect them with local people who are successful and outstanding in their fields and businesses from a local base. Expose them to examples of how to think globally and live locally. If there is a future in small towns, it will belong to the entrepreneurs and those individuals who find a niche and excel in their field of chosen endeavor.

- Have a youth-friendly community. Serve them. Give them opportunities to serve the community. Help them feel connected to the community before they leave. People love what they serve. Their memories of their own family life and having positive experiences in a rural community will exert a pull on them as they assess career opportunities.

To parents, church leaders and school administrators.

- Rural teens can focus too much on teen drinking and entertainment without catching the urgency of having a quality education. There can be too much complacency that is not good for the world they are about to enter. Youth need parents and educators who push them to excel and to be goal-oriented.

- Sports consciousness can be too powerful and occupy the minds and energies of youth and parents at the expense of an education that will make a difference. Sports need to be handled in moderation. Other facets of the curriculum need appropriate emphasis.

- Finally, family life and religious education is important to help youth succeed no matter where they live to avoid the pitfalls of debt, sexual mistakes, cohabitation and poor marriages. Without being grounded in good values, youths can make a mess of their lives that will make career success even more arduous and personal happiness elusive.

2011 The Preston Connection Feature Service
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Students Strive For Scholarships At Scholarship Recognition Day

VERMILLION — The University of South Dakota will welcome high school seniors and their families during Scholarship Recognition Day, slated Feb. 25-26.

In addition to competing for USD's most prestigious scholarships, high school seniors and family members attending Scholarship Recognition Day will meet faculty, receive information on becoming part of the USD Honors Programs, learn about USD Global Learning and participate in Scholarship Recognition Day Academic and Information Showcases.

"This is a great opportunity for these academically-gifted high school seniors to network with the university community," said Joni Freidel, director of scholarship administration at USD. "It's also a showcase for USD to be able to share information with these students and their families about our outstanding facilities, faculty and academic programs."

USD's most prestigious scholarships available to incoming freshmen are the George S. Mickelson Scholarship and the USD Presidential-Alumni Scholarship. Both of these prestigious awards provide recipients with four-year, renewable scholarships provided the students meet the appropriate criteria. Additionally, visiting students will also interview for the School of Law Honor Scholar Program, the Sanford School of Medicine Alumni Student Scholars Program, the Dorothy C.

Schieffer Political Science Scholarship, the Beacom School of Business Scholarship, the Walter A. and Lucy Yoshioka Buhler Scholarship, the Al Neuharth Excellence in Journalism Scholarships and the Ulyot Lakota Scholarship, awarded to Native American students who are members of recognized tribes. Recipients of these scholarships will be notified of their award by mid-March following recommendations from the University Scholarship Committee.

Scholarship Recognition Day also includes Academic and Information Showcases introducing high school seniors to academic and extracurricular programs. Students, for example, can "audition" for an anchor spot on the set of Coyote News and learn more about USD's award-winning Contemporary Media and Journalism Department or create gold nanoparticles in a chemistry lab. Other activities include a session on teaching from the School of Education, taking a closer look at the College of Fine Arts - from behind the scenes, and discovering more about undergraduate research.

More information about scholarships at USD, including a list of available scholarships to incoming freshmen, is available <http://admissions.usd.edu/cost-aid/scholarships.cfm>.

Great Tips For Heart Health Month

StatePoint

For most people, February conjures up images of red hearts, candy and messages to loved ones. But, did you know February is also American Heart Month?

Now is a great time to focus beyond Valentine hearts and pay attention to your actual heart.

As the leading killer of Americans, cardiovascular disease affects one in three people in the U.S. — approximately 81 million people. And, the American Heart Association predicts that this number will increase to 116 million people, or 40.5 percent of Americans, by 2030.

Thankfully, there are simple steps you can easily incorporate into your day-to-day life that can make a big difference, according to Susan J. Crockett, PhD, RD, FADA and leader of the General Mills Bell Institute of Health and Nutrition.

"Genetics does play a role in cholesterol and overall heart health," says Crockett. "While being aware of one's family history is certainly important, there are lifestyle changes you can make and foods you can eat as part of an overall healthy diet that can decrease the risk factors for heart disease and may help lower cholesterol."

There are several ways people can begin to make a difference in their personal heart health and

cholesterol levels, according to Crockett. To help make your lifestyle more heart-healthy, try to remember Crockett's "HEART" tips.

- **Have a list:** Keep a running list of health to-dos, such as regular cholesterol and blood pressure screenings, as well as questions for your physician. Find out and jot down foods you can eat to lower cholesterol and other ways to take care of your heart.

- **Eat more of the "good stuff":** Be conscious of what you are eating and make an effort to incorporate heart healthy foods into your diet. For example, fruits, vegetables, whole grain, and low-fat dairy are all good choices for a heart healthy diet. Eating more fish like salmon, which contains omega-3 fatty acids, may also help reduce the risk of heart disease.

- **Aim for more whole grain oats:** When making food choices, look for whole grain oats or whole grain oat cereal that con-

tains beta glucan, like Cheerios. Beta glucan is a natural soluble fiber found in oats that helps reduce bad cholesterol. To reduce the risk of heart disease, you need three grams of soluble fiber daily from whole grain oat foods as part of a diet low in saturated fat and cholesterol.

- **Run, walk, skip, jump:** However you choose to exercise, just make sure it is a part of your daily routine.

- **Try healthy swaps:** Healthier options are out there, so make the switch. For instance, instead of full fat mayonnaise, spread smashed avocado on your sandwich, which is high in healthy fats that help your heart. Also, when eating out, don't be afraid to ask your server for healthier preparation methods, like steamed and broiled instead of fried, or ingredient substitutes like whole grain pasta.

Taking a few moments each day to make heart healthy decisions can make a significant difference in your future.

YHS Band Concert Set For Thursday

Yankton High School Bands will present a Bands/Solo/Ensemble concert on Thursday, Feb. 23 at the Yankton High School Theatre. This concert will feature the three concert bands at YHS under the direction of Ted Powell and Todd Carr.

Special feature with the YHS Wind Ensemble will be guest soloist, Mr. Joel Shotwell from Sioux Falls. He will be soloist on soprano sax with the band playing a contemporary piece "Purgatorio" by Sheldon. Shotwell is currently the band director at Beresford Public Schools and is a well known musician in the Sioux Falls area.

Also featured will be recently selected All State Band members and selected small groups for the upcoming Region Contest. The concert begins at 7 p.m., and there is admission charged. The concert will be preceded by the Yankton Public Music Booster's Spaghetti supper from 5-7 p.m. Jazz bands under the direction of Renae Jackson and Todd Carr will be performing.

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