

Visiting Hours

Managing Your Heart Disease Risk Factors

BY LAURIE MCKEE, RN

Avera Sacred Heart Hospital ICU/Cardiac Services

Most people already know that heart disease is the No. 1 killer of both men and women in the United States. Most of us already know many of the main causes of heart disease — obesity, smoking, high blood pressure, high cholesterol, heredity, etc. So, the question is, what are we going to do about it?

Knowledge is your best weapon against any type of disease or illness. It's important to know your risk factors. Do you have a family history of heart disease including heart problems, high blood pressure or high cholesterol? Many of these risk factors are hereditary. The Avera Sacred Heart Hospital Planet Heart Cardiovascular Screening Program can also help you gain insight to your cardiovascular risk factors.

Once you've obtained that information, discuss these issues with your physician or health care provider. Perhaps this is during a physical or other visit to your doctor. Your physician can help guide you in the right direction toward your heart health awareness.

It's important to get an early start on this "heart health awareness." Many times, disaster can be averted well ahead of time through simple lifestyle changes — a little less fat in the diet, a little more exercise, cutting out the smoking and the exposure to second-hand smoke and working on ways to reduce stress. As I said earlier — we know the culprits — it's taking control of

them before they take control of us that makes all the difference.

Lowering that cholesterol before it blocks the arteries can save you from requiring by-pass surgery down the road.

Lowering your stress levels and regular exercise can reduce your blood pressure.

Some of these changes are easy for many people and some can be very difficult. The value shouldn't necessarily be seen as an immediate benefit (although you will notice a difference right away with many), but more as a long-term investment in your own health. In my almost 30 years of nursing, many of which have been in critical care, I have yet to meet a person who enjoyed having heart problems. Many have expressed they regret not making changes earlier in their lives, others wish they had just known they were at risk in the first place. Gaining that knowledge is critical.

You can take a step in the right direction by attending Avera Sacred Heart Hospital's "Heart and Soul" event. Spend a fun-filled night celebrating heart health and joining our "Mission: Nutrition" interactive show. Avera Sacred Heart Hospital's annual Heart & Soul event will take place from 5:30-8 p.m. Thursday, Feb. 7, at the hospital's Professional Office Pavilion and Education Center. Enjoy food and wine, stress-melting massages, nutrition education and some quality time with friends. Space is limited, so please register for your healthy night out by calling 605-668-8080, or stop by Avera Sacred Heart Hospital's Information Desk located at 501 Summit St. in Yankton.

BY DR. MIKE ROSMANN

The 2012 Census of Agriculture was supposed to be completed and submitted by February 4, 2013. Some farmers told me they cussed at the extensive forms they were asked to complete.

One person wondered why "the government" needed to know the information that was requested.

I completed and mailed a hard copy of the census about three weeks ago. I too found some questions difficult to answer. I will probably get a telephone call or an email request for clarification of some of my answers.

A census of U.S. agriculture is undertaken every five years. Contrary to what some people believe, it is not used to track down violations or violators of laws.

The Census of Agriculture is a highly valuable aid to policymakers, researchers, agricultural suppliers, and many other users. I access it frequently.

U.S. Agriculture Secretary Tom Vilsack stated the census "is one of the most important tools for providing certainty to producers and sustaining the unlimited economic potential of rural America."

The census is used to gauge the needs of farmers for federal assistance programs such as crop insurance, and rural communities' needs for infrastructure, such as shipping routes. The census enables researchers and administrators to determine the changing demographic and economic trends in farming.

The Census of Agriculture documents changes occurring in agriculture, dating back to the beginning of the country. For example, a USDA News Release on January 17, 2013 (No. 0012.13) indicated that over the past 20 years the average age of U.S. farmers increased from 50.3 years in 1987 to 57.1 in 2007.

The news release goes on to say "while the majority of farm operators are between the age of 45 and 64, the fastest growing group of farm operators is those 65 years and



Dr. Mike
ROSMANN

The definition of a farm is any agricultural enterprise that produces \$1,000 or more from the sale of products raised during a year or which would earn at least \$1,000 if the land were not in a diversion such as the Conservation Reserve Program.

In 1900 there were 5,737,372 U.S. farms (United State Census Office, Census Reports, Volume V, Agriculture, 1902). At that time 36% of the U.S. population of 76.4M persons was involved in agriculture.

In 2007 just 2% of Americans (3.28M farm operators and 2.64M hired laborers) produced over five times as much goods. Workers in agriculture-related occupations, such as truckers, veterinarians and food processors are not included in these figures.

Approximately 1.90M of 2.20M primary operators were males and .3M of the primary operators were females; 621K of the secondary operators were females and 311K of the secondary operators were males. Females are increasingly integral to farm operations.

While organic farms comprise the fastest growing type of farming operation, the 18,211 organic farms in 2007 constituted .8% of all farms. Organic farms were about half the size of the average U.S. farm and earned \$93,856 apiece, in comparison to the average of \$134,807 for all farms. How organic agriculture fared in 2012 will be interesting to learn.

older." Gee, I'm in this group!

The U.S. had 2,204,792 farms, averaging 418 acres in 2007, which is down from the 1992 farm average of 491 acres. What is going on?

Residential/lifestyle farms are increasing lately. These are acreages on which people want to keep their farming roots, raise a few animals, and have enough room for privacy.

What are the leading agricultural states? California led the nation in agricultural receipts in 2007, earning \$34B in cash income. Texas followed at \$21B and Iowa was close, ranking third, at \$20.4B in total farm income.

Despite many different approaches to farming in the U.S. and around the world, I have been impressed as I traveled that farmers everywhere share more similarities than differences. To illustrate, a farmer in Missouri usually has more in common with a farmer in Spain, than a Princeton, Missouri farmer has with a banker in Kansas City. Farmers everywhere understand each other.

Mary Swander, Iowa's poet laureate, has captured the many different faces of farming in her 2012 book, Farmscape: The Changing Rural Environment. A native of Manning, Iowa, Ms. Swander is Distinguished Professor in the English Department at Iowa State University.

Mary's book is about the creation of a play she and students in her Masters of Fine Arts course, Creative Writing and Environment, wrote in the fall of 2007. The play and her book have won much positive acclaim.

Many folks in the Midwest have attended one or more of its traveling performances or perhaps participated as actors. The play can be scheduled for a production by contacting Ms. Swander through her website: www.maryswander.com.

Farmscape celebrates the diversity and strengths of Midwestern farmers, including large grain and livestock feedlot operators, community supported agriculture producers, vintners, diversified organic farmers, and small-sized conventional family farmers, to name a few.

The 2012 Census of Agriculture wasn't so bad, was it?

Dr. Rosmann lives at Harlan, Iowa. Contact him at the website: www.agbehavioral-health.com.

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YHS To Host State Debate Tourney

Yankton High School will be hosting the SDHSAA State Debate and Individual Events Tournament on March 1-2. One of the events is Public Forum debate. The event is designed to be judged by community members. These judges do not have to have experience as debaters, coaches, or judges.

In order to make the event work, officials will need 50 local people from 7:45-11:15 a.m. on March 2. Organizers also will need 25 people from 12:30-3:30 p.m.

Each round takes about 45 minutes. Judges need to be able to conduct a coin flip, keep track of the arguments, keep an open mind, and write some brief comments on a ballot.

If you are 21 years of age or older and would be interested, email Leo Kallis at LKallis@ysd.k12.sd.us or call the Yankton High School Activities Department at 665-8369.

SBA Launches Affordable Care Act Web Page, Blog

WASHINGTON — The U.S. Small Business Administration (SBA) has launched a new web page and blog dedicated to educating small business owners about the Affordable Care Act. The new tools will serve as a gateway for small business owners connecting them with information provided by SBA's federal partners responsible for implementing the law, including the U.S. Department of Health and Human Services.

"The Affordable Care Act provides small business owners with access and opportunity to pro-

vide affordable health care options for their employees," said SBA Administrator Karen G. Mills. "SBA's new Affordable Care Act web page and blog will serve as a resource for small business owners who want learn more about how to take advantage of these benefits."

The Affordable Care Act has many beneficial measures specifically for small businesses, including slowing premium cost growth and increased access to quality, affordable health insurance. SBA's new web page, www.sba.gov/healthcare, breaks

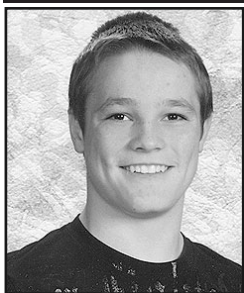
down the key provisions of the Act based on business size in the following categories: self-employed, fewer than 25 employees, fewer than 50 employees and more than 50 employees.

The Web page also provides links to other useful information for small businesses, including a glossary of key health care reform terms, an interactive timeline with dates for when certain reforms will be implemented, a state-by-state breakdown of health care options, and how to learn more about specific tax provisions and regulations. Addi-

tional resources will be added as they become available.

The blog, entitled "Health Care Business Pulse" (www.sba.gov/blog), will provide small business owners with continuous updates about the implementation of the Act. The blog is for informational purposes only and is not intended as legal or tax advice. Readers should consult their legal or tax professionals to discuss how specific matters relate to their individual business circumstances.

A+ Students of the Week



Brett Bye

Parents: Brook & Shelly Bye

Grade: 10th

School: Vermillion High School

Why Nominated? Brett is hard-working, shares insights in class discussions, and does a stellar job in the classroom.

Favorite Subject(s): Chemistry

Favorite School

Memory(s): Riding the bus to tournaments with the wrestling team.



Kate Brockevell

Parents: Barb and Bob Brockevell

Grade: 9th

School: Vermillion High School

Why Nominated? Kate is an exceptional student whose intelligence is very high, work ethic superb and motivation top notch.

Favorite Subject(s): Math, Science, Spanish

Favorite School

Memory(s): My favorite school memory is competing in the state golf tournament last year as an 8th grader.



Sowmya Ragothaman

Parents: Rekha Srinivasan and Srini Ragothaman

Grade: 9th

School: Vermillion High School

Why Nominated? Sowmya is an exceptional student - intelligent, motivated, and sincere with an outstanding work ethic.

Favorite Subject(s): Math and Art

Favorite School

Memory(s): 7th grade reading class. We won the AR points contest between the periods and had a party! We played Rockband, ate food and had lots of fun.



Brooke Schwasinger

Parents: Tim and Patty Schwasinger

Grade: 12th

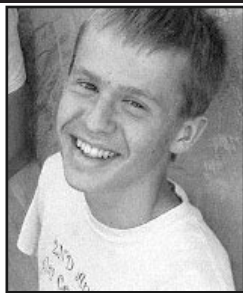
School: Vermillion High School

Why Nominated? Brooke is creative, kind, responsible, determined, and concerned for others in all facets of her life.

Favorite Subject(s): Anatomy

Favorite School

Memory(s): Going to the State A Girls Basketball tournament last year.



Nathan Ford

Parents: Steve and Pam Ford

Grade: 12th

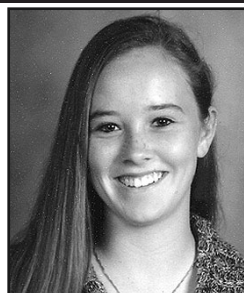
School: Vermillion High School

Why Nominated? Nathan excels in the classroom as well as on the track & cross country course. He is a great leader and role model who goes above and beyond the expected.

Favorite Subject(s): History and Spanish

Favorite School

Memory(s): Writing papers in the library.



Kayla Stammer

Parents: Nikki and Dave Stammer

Grade: 9th

School: Vermillion High School

Why Nominated? Outstanding work ethic and motivation.

Favorite Subject(s): Math and English.

Favorite School

Memory(s): In 5th grade, everyone in my class was required to go through the D.A.R.E. program. We had to write essays about the program and my essay was chosen to be read in front of the student body. It was submitted to the state D.A.R.E. competition and won second place. We were also required to write another essay on Character Accounts. Again mine was chosen, only this time to be read in front of my peers and teachers. It was entered into the South Dakota State Public Speaking Contest and won second place. Other memories include participating in soccer, softball, bowling, golf, volleyball, SADD, and Girl Scouts.

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