

Non-Invasive Options For Treating Angina

BY LISA MILLER

Cardiopulmonary Clinical Manager, Avera Sacred Heart Hospital

While most people are familiar with the terms "bypass surgery" and "stent placement," 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 (accessory blood vessels).

The EECF system includes a series of cuffs around the legs that inflate and deflate in sync with the heart beat. When in-

flated, 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. This therapy may be ordered by your Cardiologist in conjunction with proper medication.

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, decreased angina episodes, and decreased need for anti-angina medication. They feel better overall and have more energy and less shortness of breath. The benefits of this therapy may last for years. The week of February 17th to the 23rd is National EECF Awareness Week.

Treatment with EECF is covered by Medicare and most insurance companies as a treatment for angina, and has FDA approval for angina and heart failure.

Managing Conflict Among Farm Families

BY DR. MIKE ROSMANN



Dr. Mike ROSMANN

Conflict is common among siblings who farm together and difficult to resolve. After Farm and Ranch Life columns were published last September and November, many people asked for more information about dealing with competition among their children in the family farm operation and as they developed their estate plans. Siblings in family farming operations also contacted me for help.

Generally, strife among same gender siblings who work in the same agricultural operation is more serious than among those who farm separately but live near each other or between different gender siblings. But quarreling can occur among any family members who get entangled in intense competition.

Why are people involved in farming competitive? An inherited drive called the agrarian imperative inclines us to acquire the best farmland and to be the most successful agricultural producers. In other words, our genes program us to compete over opportunities to farm.

Today's farmers, especially those in the industrialized world, are the survivors of multiple generations of selection of the fittest. Psychological research shows that the traits most highly associated with success in farming include: tolerance for adversity, willingness to take chances, capacity to work alone and to trust oneself. In short, successful farmers tend to be highly competitive.

Predecessors who were less industrious, inventive, competitive

and lucky usually were less able to pass along opportunities to own land to their successors, making it harder for their children to continue an agrarian way of life.

How can children who want to farm handle competition and resentment? It takes enormous humility and character to manage sibling competition and feelings of anger and resentment.

When helping farm families settle disputes I frequently hear one sibling proclaim about another, "I'm a better farmer than he is." Other common statements include: "He doesn't work as hard as I do; Dad feels sorry for him;" or "Mom likes her better."

Usually parents avoid making comparative judgments and recognize such statements fuel resentment and drive wedges in family relationships. Children are prone to draw their own comparisons anyhow, through observation of parental actions or they form their own impressions about their siblings.

Whenever a parent or child verbalizes comparisons, usually one person feels wounded emotionally, while the other feels superior. Verbalizing comparisons, even if accurate, almost always is unproductive. It's best to keep impressions to ourselves. And our impressions might be inaccurate.

Sometimes one or both parents clearly favor one child or one child is a better farmer. It is often easier to settle family disputes when the resentments are out in the open because we all know what needs to be resolved.

Siblings who inherit this situation must be particularly understanding toward the one getting the short end of the stick. Generosity toward that person wins respect and builds personal happiness.

We must call on our better angels. We have to reach deep within ourselves to diminish our wish to compete, to recognize the strengths of our competitive siblings and to avoid hurting them even when angry.

It also takes sensitive understanding of our motives. It is easy to say or act out how we feel without considering the effects of our statements on the recipients.

It's hard to be respectful when we want to fight, but when we follow guidelines for managing competitive urges, we can resolve differences with our siblings. In the process we develop personal character and strength to endure future episodes of conflict with family members or others.

Here are guidelines for managing competitiveness that I have found useful in farm family situations.

- Admit you need to learn more during family discussions
- Restrain from one-upping others in the family
- If upset, ask for time to sort out your thoughts but always come back to continue discussions
- Find areas of personal inter-

est that do not compete with your siblings, even if it means attending different social functions, churches, organization memberships, meetings, and engaging in different activities and friendships

• Continue to honor family events such as weddings, holiday gatherings, birthdays and family traditions and behave civilly when together

• When farming together, conduct business meetings regularly that follow rules of decorum; I will provide additional recommendations about conducting farm business meetings in next week's Farm and Ranch Life edition

• Recognize your sibling's strengths and compliment him or her

• Keep in mind that having siblings in the farm operation with diverse strengths can advance its overall success

• Keep in mind that forming separate farming operations is an option if all else fails

Eventually competition dissolves and siblings can become genuine friends who respect each other's differences.

I thank everyone who contacted me about dealing with farm family conflict. Your stories and questions led me to reflect further on these matters. I hope I have helped. Be sure to read next week's follow-up column.

Dr. Rosmann lives in Harlan, Iowa. To locate previously published columns, check your newspaper website or visit: www.agbehavioralhealth.com. Use the website to share your thoughts with him.

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Vermillion Center Hosts Game Nights

VERMILLION — The Main Street Center in Vermillion hosts its "Main Street Center Game Night" on the first Wednesday of each month. Events begin at 7 p.m.

Games include Bunco and Pitch.

The center is located at 320 W Main St. For more information, call 605-624-8072 or email 320seniors@vyn.midco.net.

A+ Students of the Week



Ty Alexander

Parents: Mike and Kim Alexander
Grade: 12th
School: Bloomfield High School
Why Nominated? Ty is very active in extra curricular activities including serving as president of FFA, being a member of NHS and is a three-sport athlete. He makes a solid commitment to all organizations and is a responsible citizen, possesses strong character and is a true scholar.
Favorite Subject(s): Science and Math
Favorite School Memory(s): Being able to go to school and seeing my friends. Also, being Homecoming King this past fall.



Sam Rabern

Parents: Steve & Steph Rabern
Grade: 4th
School: Viborg-Hurley Elementary
Why Nominated? Sam has a good work ethic in all areas.
Favorite Subject(s): Math
Favorite School Memory(s): When we got to watch three Stooges for Halloween party.



Grace Carhart

Parents: David and Mary Carhart
Grade: 12th
School: Bloomfield High School
Why Nominated? Grace is a school leader and can be counted on to organize and take control of activities. Active in speech, one acts, band, choir, sing choir, and in FCCLA. Grace is a scholar who works towards her goals. She is also a charter and active member of Stand for the Silent, participates in quiz bowl, Yearbook and NANOWRIMO.
Favorite Subject(s): English, Trigonometry, and Creative Writing.
Favorite School Memory(s): When I was a Junior in my Speech II class, I entered the Nebraska State Bar Foundation's Law Day essay contest on a whim and won. This came as a big shock to me. My teacher and I were invited to Lincoln to attend a luncheon and debate, and my name was selected for a scholarship to the National Student Leadership. That summer I attended the Journalism and Mass Communication conference in San Francisco. It was one of the best experiences of my life.



Erica Boomgarden

Parents: Adam and Jamie Boomgarden
Grade: 7th
School: Viborg-Hurley Middle School
Why Nominated? Erica has a great work ethic in academic and extra-curricular activities.
Favorite Subject(s): Music and Science.
Favorite School Memory(s): Our Jam out sessions in music.



Ashley Fiedler

Parents: Scott and Kayla Fiedler
Grade: 12th
School: Bloomfield High School
Why Nominated? Ashley is very active in athletics as well as many other school organizations. She acts as a leader in all areas and is an officer in both FCCLA and FFA. She can be counted on to put the welfare of other people and the good of an activity ahead of her personal concerns.
Favorite Subject(s): Trigonometry
Favorite School Memory(s): Some of the science students came over to my house to camp out and we saw a bunch of shooting stars.



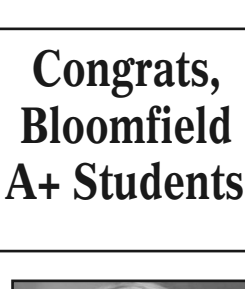
Laura Ebbesen

Parents: Becky and Bruce Ebbesen
Grade: 12th
School: Viborg-Hurley High School
Favorite Subject(s): Spanish III has given me the potential to expand my horizons. It will present me with the opportunities to reach personal goals and communicate with a new culture. My teacher, Mrs. Zachariasen, has made the class interesting and a wonderful learning experience.
Favorite School Memory(s): Being able to be the first graduating class from Viborg-Hurley High School. It has made my Senior year something I will never forget!



Nick Nagengast

Parents: John and Sunny Nagengast
Grade: 12th
School: Bloomfield High School
Why Nominated? Nick is a role model in band/choir and academically and is a hard-worker. He was selected into All-State Chorus, is involved in quiz bowl and is a three-sport athlete. He also accompanies the junior high chorus.
Favorite Subject(s): Calculus, Band, and Econ.
Favorite School Memory(s): Silas and I celebrating at state speech after we found out we were in finals. We went completely bananas both years. We had our doubts about making it.



Kalli Lee

Parents: Kaye and Kevin Lee
Grade: 4th
School: Viborg-Hurley Elementary
Why Nominated? Kalli has great work ethic and positive character in everything she does.
Favorite Subject(s): Reading
Favorite School Memory(s): When we got to look for gingerbread pieces for our gingerbread men.



Lily Nagengast

Parents: John and Sunny Nagengast
Grade: 11th
School: Bloomfield High School
Why Nominated? Lily is talented academically and musically. She is self-motivated, a role model with high character and a charter and active member of Stand for the Silent. Through active involvement in sports, choir, swing choir, quiz bowl and other organizations, Lily continues to grow more confident in her abilities.
Favorite Subject(s): Trigonometry and Civics.
Favorite School Memory(s): When our entire track team took a victory lap after both boys and girls teams won districts in 2011.



Tyler Novak

Parents: Chris and Kari Novak
Grade: 12th
School: Viborg-Hurley High School
Why Nominated? Tyler has high academic achievement balanced well with his extra-curricular activities. He is positive and friendly with students and staff.
Favorite Subject(s): Physics because Mr. Juffer is an exceptionally well-rounded teacher and makes the class fun. Thus driving me to set high standards and obtain personal goals.
Favorite School Memory(s): Participating in high school football.



Philomena Lammers

Parents: Merlin and Pat Lammers
Grade: 9th
School: Bloomfield High School
Why Nominated? Philomena is very talented artistically and academically. She is a three-sport athlete, reflects high character values and is active in FFA. A true scholar, she is a responsible citizen as well.
Favorite Subject(s): Math and History
Favorite School Memory(s): When the Harlem Wizards came to Wausa this year. Two Wizards came to promote the program. Watching those men play basketball was so cool, but the ability to watch my favorite sport with my friends and get excited about it made my day. We also got to watch our new coach go up against these guys with her own team.



Jacia Christiansen

Parents: Rob & Anne Christiansen
Grade: 8th
School: Viborg-Hurley Middle School
Why Nominated? Jacia has balanced academic success with her success in varsity cross country.
Favorite Subject(s): Algebra
Favorite School Memory(s): When my 7th grade math teacher tried to play a review game with us. It would always turn out to be an epic failure.

Congrats, Viborg-Hurley A+ Students!

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